

EXERCISE class

*Would like to improve and/or maintain your fitness and meet new people?
Then come along to this low-intensity exercise class run by accredited
exercise physiologist, Breanna Roy.*



Classes run in 6 week blocks. No equipment needed – just a water bottle. We recommend you wear clothes and shoes that are comfortable to exercise in. Class is suitable for all ages.

PLACE: Minnowarra House, 24 Numulgi St, Armadale

DATES: Saturdays, 7.30-8.30am

Tuesdays, 6-7pm

Thursdays, 9-10am

COST: Introductory Special - \$60 for six week term (18 classes), or \$6/class

PH: 9497 1413 to register