



FITNESS-FUN MOVEMENT FOR LIFE

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SESSION TIMES

Tuesday's 10-11am

LOCATION

Dapto Ribbonwood Centre - Kurrajong Hall 2

HOW FIT DO I NEED TO BE?

Not Fit! Suitable for beginner's, this will be a moderate intensity class designed to make cardio and strength building fun. The class will give you a workout but you can take it at your own pace.

SCAN ME!



AT A GLANCE

COST

- First 2 classes, \$15 each
- \$23 for drop in classes
- \$21, \$19 or \$17 per class on a 5, 10 or 20 class pass

WHAT TO BRING

- A Yoga Matt
- Water Bottle
- Towel
- Joggers



ESTHER CREAGH

Fitness is for life and if you don't move it you loose it. This class will combine stretching with cardio and body weight exercises.