

Granville Street ▶▶▶ HOUSE FIT

Weekly Core Exercise Class

Starting 10.30–11.30am

Monday 26 September 2011

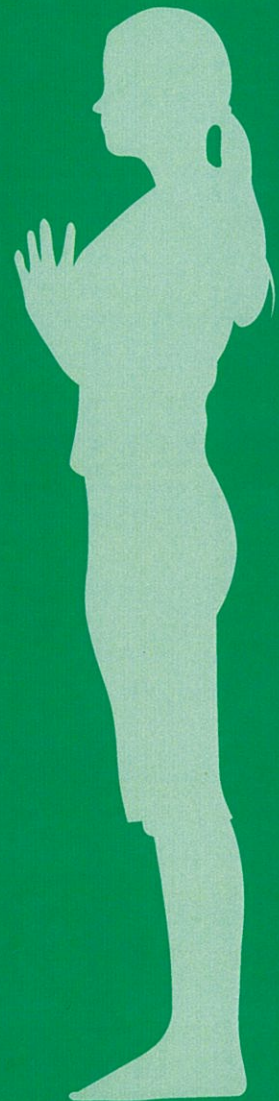
Granville Street Community Room,
Berhampore

Cost: Gold coin donation

Gillian Christian of Happy Bodies Exercise Studio will take you through some stretch and strength exercise combining the principles of yoga and pilates.

Classes are designed for you to work at your own pace, build your confidence and fitness levels.

Wear comfortable clothes. Come along and meet others, it will be fun!



▶▶▶ *Spaces are limited. Call Anna Hobman today and register on 803 8014.*