

# Hobart Street ▶▶▶ HOUSE FIT

## Weekly Sit and Be Fit Class

Starting 1–2pm

Tuesday 27 September 2011

Hobart Street Community Room,  
Mirimar

Cost: Gold coin donation

Gillian Christian of Happy Bodies Exercise Studio will take you through some sitting down exercises, designed to keep you moving and keep you healthy.

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.*



**Absolutely**

**POSITIVELY**

ME HEKE KI PŌNEKE  
WELLINGTON CITY COUNCIL

**Wellington**