

Group Fitness Classes with 'be! personal training'

Do you want to be healthier? Do you want to be happier?

Tone your body, strip off those extras kilos, improve your strength and be energised...

be what you want to be!

Classes from March 17th

Tuesdays 6pm-7pm

Ched Towns Reserve (opp. Gloria Jeans)

\$7 per class

For more details and bookings, contact Lauren at be! P: 0406 420 157

Spyns Inc.

