



Introducing the Womens Group Exercise Selection November 2010

MONDAY	1.30pm	Circuit Class. Combination of strength and Cardio All levels catered for .	\$8
MONDAY	6.15pm	Go Girl – Active & Healthy GC Circuit Class. Combination of strength and Cardio All levels catered for .	\$2
TUESDAY	6.30pm	Go Girl – Active & Healthy GC Circuit Class. Combination of strength and Cardio All levels catered for .	\$2
WEDNESDAY	6.30pm	Yoga / Stretch/ Relaxation Create and restore balance in your life Yoga combines the physical & mental for total well-being	\$9
THURSDAY	9.15am	Boxing Class. All levels catered for .	\$9
THURSDAY	6.30pm	Circuit Class. Combination of strength and Cardio All levels catered for	\$8
FRIDAY	9am	Yoga / Stretch/ Relaxation Create and restore balance in your life Yoga combines the physical & mental for total well-being	\$9
SATURDAY	9am	Circuit Class. Combination of strength and Cardio All levels catered for .	\$8

BOOKINGS ARE REQUIRED FOR ALL CLASSES.

Class numbers are strictly limited. Ph / text 0407 760 013

**ALL Classes are held at Fe Taylor Fitness Studio – Currumbin
Unit 23 2 – 6 Hawker St Currumbin.**