

GIPPY GIRLS CAN MONTH EVENT

COME AND TRY BODY BALANCE

LES MILLS BODYBALANCE™ builds strength, improves flexibility and helps you to feel calm and serene with yoga-based moves, that feature elements of Pilates and Tai chi (55mins).

Come with friends or come on your own.



TUE & THU 1, 3, 8, 10, 15, 17, 22 & 24 SEPTEMBER



12:30PM



AT WARRAGUL LEISURE CENTRE



COST: FREE



WHAT TO WEAR:

Wear comfortable clothing and runners, bring a drink bottle with you.

Try something new. Meet new people. Move your way.

No judgement. No pressure. No experience needed.

Just a supportive space, new moves, and people cheering you on.

Never been before?

We'll show you the ropes.

Coming on your own?

Lots of women do.

Feeling a little nervous?

You're in the right place.

FOR MORE INFORMATION
Warragul Leisure Centre



5623 4017

**CALL TO BOOK YOUR SPOT AND MENTION
GIPPY GIRLS CAN TO BOOK FOR FREE**