

WOMEN'S ONLY GROUP INFORMATION SESSION

PILATES & HIIT CLASSES

Get Active, Get Fit, Live Healthy

29th January 2023 1.00pm – 2.15pm

What to expect on the day:

- Meet and greet and what to expect from the program
- Come and try - 30-minute free workout
- Coffee and tea provided
- FREE swim for registered participants and their family members

What to bring:

- Mat
- Water bottle
- Towel
- Wear comfortable clothing to work out in



Location and Direction

Held in the pavilion located outside the main centre and upstairs in our Wellness studio.

Aquarena Aquatic and Leisure Centre 139-153
Williamsons Road Lower Templestowe 3108.

Scan the QR code
to register!

