



Women Working Out 7 Week Group Personal Training

Mondays

October 24th—5th December

Time: 11:00-12:00pm

Cost: \$25 for 7 weeks

Where: Richard Rushton Hall
24 Baron Way, Gosnells

Thursdays

October 27th—8th December

Time: 9am - 10am

Cost: \$25 for 7 weeks

Where: Maddington Community
Centre Cnr Alcock and
Yule Street, Maddington

For many families joining a gym is not affordable. This 10 week workshop is designed to **teach women how to exercise and tone their bodies without the need of a gym membership.**

The workouts and exercise techniques you will learn over the 10 weeks will give you the **skills to work out in the comfort of your own home** and achieve your weight loss or fitness goals.

Bookings essential 9490 2258.

* Please ensure you wear appropriate clothing and footwear and bring a bottle of water.

Have Fun, meet other ladies and get active!



Gosnells Women's Health Service
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