



**ALL
AGES**

GET IN SHAPE WITH



UPLIFT HEALTH & FITNESS


Want to improve your core strength and fitness?

Strength Training classes are designed for both men and women of all ages and abilities, progressing at a pace that suits YOU!

Covering a variety of low-impact to high-impact weight-bearing exercises and stretches to increase strength, these classes will build your bone and heart health, and help you maintain personal independence for life.

DETAILS:

-  Monday's and Thursday's (during school term)
-  10.00 - 11.00am
-  \$10 per session
-  workthatbodypt@gmail.com
-  0420 417 978

 **CAROLINE SPRINGS LEISURE CENTRE**
9 The Parade, Caroline Springs

**WORK
THAT
BODY**
MOBILE PERSONAL FITNESS TRAINING
Email: workthatbodypt@gmail.com Ph: 0420 417 978

**CITY OF
MELTON**