

Are you aged between 11 and 16, and want to feel better physically, move better, be stronger and achieve more in sports and P.E?

YOUTH FITNESS

@WARILLA LIBRARY

FREE 10 WEEK PROGRAM

**WITH QUALIFIED YOUTH WORKER AND PERSONAL TRAINER
MATHEW LUKE**

**TEACHING FOUNDATIONAL FITNESS
AND HEALTHY HABITS FOR A
STRONG FUTURE**

STARTS

TUESDAY 20TH FEBRUARY

3.30 - 4.30PM

AFTERNOON TEA AND GROUP DISCUSSIONS

**BOOKINGS THROUGH WARILLA LIBRARY
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