



FIT BETTER

YOGA SESSIONS

MARCH 8 – JUNE 21

PT SESSIONS

MARCH 13 – MAY 18

SESSIONS TAKEN BY KELLIE ROSE

**TAKE CONTROL OF YOUR
PHYSICAL AND
EMOTIONAL WELL-BEING!**



YOGA SESSIONS
EVERY WEDNESDAY FROM
3.30-4.30PM

LOCATION
260 LOGANLEA RD
MEADOWBROOK

**FREE WATER AND
MUSELI BARS EACH
SESSION**

PT SESSIONS
EVERY MONDAY &
THURSDAY
MONDAY SESSIONS: 3.30-4.30PM
THURSDAY SESSIONS: 2.30 –
3.30PM

LOCATION
Hearspace Meadowbrook
260 Loganlea Road
Meadowbrook

