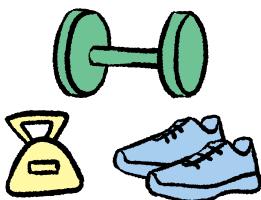




Some of our gym equipment



Our friendly Accredited Exercise Physiologist, Dayn



# move YOUR way!

## Free | Supportive | No pressure

**Want to move more but not sure where to start?**

This small group is made from young people who:

- Want To exercise but feel to anxious for gyms
- Struggle with body image & need a safe, low-pressure space
- Like being active but can't afford a membership
- Want to train with an Accredited Exercise Physiologist (AEP)
- No loud crowds, limited mirrors & heaps of encouragement.
- Want to focus on what your body can DO and seeing real progress week to week 😊

**When:** Every Tuesday from 4pm to 5pm

**Who:** People aged 14+, all genders welcome!

**Where:** 22 Reid Promenade, Joondalup (Sanori House Suite 9 Black Swan Health)

**Sign up**

<https://forms.office.com/r/xs8hKqhQ>  
me



**Come as you are. Move how you want.  
Your pace, your way**

