

## **BODY TONING FLOOR CLASSES SPECIFICALLY FOR WOMEN!**

Come and join with us, you will get an effective body conditioning system – which also improves your coordination, body shape/posture, increases flexibility, and strengthens muscles for the abdominals, back, legs and arms.

*The Exercises of the program are basic and simple gymnastics skills.*

Classes time – every Monday  
from 8:15 pm. - 9:15 pm.

Cost: \$10 per session  
(no registration fees)

Qualified and experienced instructor

For Booking and further information contact  
Katerina

(Ph) - 83909089

**Venue: Unit 4/12  
Malcolm Court  
Kealba**

