

WOMEN'S PROGRAM 2017-2018

OPEN TO ALL WOMEN



Program includes:

Cooking classes,

Personal Fitness sessions and a walking group,

Excursions and Incursions,

Aqua Aerobics for all fitness levels

Pamper Day and Information Sessions.

Come in and Talk to Tracey and book your place.

Proudly supported by



This program is supported by the City of Belmont's Community Contribution Fund