

MAW - RAW

Multicultural Active Women join Real Adventure Women

Jazzercise

Try this exciting, fun and easy-to-follow fitness class offering a blend of jazz dance, aerobics, yoga, pilates and kick-boxing movements, choreographed to today's hottest music. Program is adapted to meet the fitness levels and ages of participants.

When: Tuesday 10 November

Time: 6.30pm to 7.30pm

Where: Warrigal Road State School
Activity Hall, 314 Warrigal Road,
Eight Mile Plains



Cost: \$5

BOOKINGS are ESSENTIAL

To Book:

Contact Communify

Mandy, Ph: 3510 2719 Email: refugee@communify.org.au

Jill, Ph: 3510 2722 Email: recreation@communify.org.au

BOOKINGS CLOSE 3 November



What to wear: Comfortable light clothes and gym shoes.

What to bring: \$5 & water bottle, towel

and be ready to Jazzercise!

You will be provided with: All equipment and instruction