



Mum's & Pram's Fitness Class

Starting Thursday September 4th!

Mum's & Pram's fitness classes helps mum's feel more energetic and gives them a challenging workout with baby in tow!

Mum's & Pram's will help you to lose weight, increase muscle tone and increase general fitness.

The class is suited for all fitness levels. Toddlers welcome also.

When: Thursdays 9am to 10am

Where: Coronation Park, Mossman Football Oval
(underneath the Grandstand)

Cost: \$10 per class (10 session passes available)

What to Bring: Pram, drink bottle and towel.

Contact Sarah

Inspire Fitness

0409 171 221

B. App. Sci. Human Movt.

Cert III & IV in Fitness

Registered Personal Trainer with Fitness Australia