

Fit and Fabulous Online Class



Tuesday 13 October - 15 December
No class Tues 3 Nov - Cup Day
9:15am - 10:15am | Cost: \$75 (Conc. \$54)

Join us for our online exercise class – Fit and Fabulous.
This class is suitable for all fitness levels and will allow you to work at your own pace and ability. Move to music while you build strength, improve your balance and tone your muscles.

Don't have any gym equipment at home? Never fear, we can use household items like cans of beans instead of weights.
Enjoy being part of a fun group that loves to exercise!

This class will be held online via Zoom.

Our organisation acknowledges the support of the Victorian Government. Programs are also supported by the Australian Government Department of Health.



For more information
call 9598 2155 or
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