

# I feel...

Strong  
Connected  
Energised  
Uplifted  
**Confident**  
Included  
Happy  
Proud

MOVE  
WITH WOMEN



## FREE 9-Week Group Exercise Classes For Women.

Move with Women is a FREE 9-week group exercise program for women who want to improve their physical fitness, meet new people, have fun and enjoy all the benefits of social-exercise.

JOIN THE NEXT GROUP CLASS:



REGISTER ONLINE FOR FREE

[www.movewithwomen.com.au/classes](http://www.movewithwomen.com.au/classes)

Call 1800 328 951 for more information.