

MOVE  
WITH WOMEN

I feel...

Strong

**Connected**

Energised

Uplifted

Confident

Included

Happy

Proud



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

FIND A GROUP NEAR YOU

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

# FREE 9-Week Group Exercise Classes For Women

Move with Women is designed to help you enjoy a more active and healthy life in just 60 minutes per week – regardless of your fitness levels.

Connect with women of all ages, stages and backgrounds in a fun and non-judgemental environment while enjoying the benefits of exercise! Focus on all of the important areas that make us 'healthy' including moving our bodies, eating well, relaxation and connecting with others.

## Feel...strong, connected and energised in a fun and welcoming environment

- Designed for women by women
- Classes take place once a week for 9 weeks
- Delivered by qualified Exercise Physiologists
- Suitable for all ages and fitness levels
- Fun and engaging
- Over 20 locations
- Absolutely free
- Limited places

We'd like to give all women the opportunity to feel they can prioritise their health and wellbeing. That's why we've included it all - a range of cardio, resistance and restorative exercises, mindfulness practices and social activities!

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**There has never been a better time to kick start your health and wellbeing goals!**

Don't miss this opportunity to join Move with Women for FREE and enjoy the benefits of exercise in a fun, supportive and inclusive environment! Places will fill fast so find a group near you today!

FIND A GROUP NEAR YOU

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Call 1800 328 951 for more information.

For Translation and Interpretation Services call 13 14 50

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