



Teens Fitness

8 Week Program
Starts Tuesday 21st October
Open to ages 12 years +
10 People Per Class



Come check out the gym, meet new mates, and discover how fitness helps your body and mind

 **Tuesdays 3:30pm - 4:15pm at**
 **Anytime Fitness Forbes**

All equipment supplied & no membership required - Yoorana Gunya Program with an Anytime Fitness Group Instructor



**Yoorana
Gunya**
Family Healing Centre
Aboriginal Corporation

**For more information contact the SEWB Team on
(02) 6850 1222**

Email: sewb@yooranagunya.com.au

Pick ups available from School