



**THIS
GIRL
CAN**

#ThisGirlCanVIC

Women being social, active & having FUN!

No skills needed. No judgement ever ... just fun! Suitable for all ages & fitness levels.

FREE sessions run from **22 March to 28 March 2021**

Monday 22 March	Tuesday 23 March	Wednesday 24 March	Thursday 25 March	Friday 26 March	Saturday 27 March	Sunday 28 March
<p>Les Mills Body Balance Class*</p> <p>10:45am – 11:30am AquaZone</p> <p>Body Balance is a yoga based class that will improve your mind and body. BYO Towel and drink bottle.</p> <p>*Bookings essential – call 5559 4500</p>	<p>Nature Play @ Botanic Gardens</p> <p>9:30am- 11:00am Botanic Gardens, Queens Rd</p> <p>Mums enjoy a coffee and catch up while the kids enjoy exploring the Nature Play</p> <p>(Espresso Coffee Van available approx. 10:30am)</p>	<p>Be the Leader of Your Own Health Journey with BESPOKE Health</p> <p>9:30am -10.30am Civic Green</p> <p>Join Tegan from Bespoke Health Co. for a nutrition, movement and mindset experience.</p> <p>Perfect for Mums and kids & anyone wanting to regain their overall health.</p> <p>Giant games provided for the kids and fresh fruit snacks.</p>	<p>Pickle Ball</p> <p>10am – 11am AND 6pm – 7pm ARC Stadium, Caramut Rd</p> <p>Pickle ball is a paddleball sport that combines elements of badminton, table tennis & tennis. All equipment is supplied</p> <p>Louise Brown –Mermaids Championship Player</p> <p>6pm – 7pm ARC Stadium, Caramut Rd</p> <p>Join Louise for a 1hr introduction to basketball and wheelchair basketball</p>	<p>Les Mills HITT/Circuit Class*</p> <p>12:00pm – 12:45pm AquaZone</p> <p>HITT workouts build cardiovascular fitness while improving strength, building lean muscle and maximizing calorie burn.</p> <p>BYO Towel and drink bottle.</p> <p>*Bookings essential – call 5559 4500</p>	<p>Archers of Warrnambool*</p> <p>12.00pm -1.00pm Women/Girls only Duram Park, 200 Buckleys Rd Lake Gilleard</p> <p>Come & Try Archery Session. All equipment supplied – MUST be 8 years and over</p> <p>*Bookings essential call Mike on 0422 868 406</p>	<p>At Home Zumba</p> <p>thisgirlcan.com.au/home-activity/zumba/</p> <p>At Home Beginner Pilates</p> <p>thisgirlcan.com.au/home-activity/at-home-beginner-pilates/</p>

#ThisGirlCan3280



* Bookings required for these sessions.

For more info go to www.connectwarrnambool.com.au/whatson search #ThisGirlCan3280 on Facebook, or call 5559 4800