

Lifestyle & Leisure Links Fitness Challenge Club

WEDNESDAY WATER WARRIORS

February – May 2017

A program designed for participants with a goal to be HEALTHIER, more ACTIVE
and achieve WEIGHT LOSS!



AQUA AEROBICS WEDNESDAY NIGHT CLASSES

A Mainstream Intermediate Class Held At Either Auburn, Guildford, Blacktown or Granville

DATES: 22 February, 1 March, 29 March, 5 April, 26 April, 3 May
2017

COST: \$20 per week. *This includes the activity cost & a healthy dinner*

MEETING POINT: Cumberland Council – 16 Memorial Ave Merrylands
At 4.30pm

WEAR: Casual Clothes, Swimmers & Towel

TRANSPORT AVAILABLE TO THE POOLS AND FOR THE JOURNEY HOME FROM 8PM ONWARDS

Lifestyle & Leisure Links Fitness Challenge Club

FIT FUN FRIDAYS

February – May 2017

A program designed for participants with a goal to be HEALTHIER, more ACTIVE
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GYM SESSIONS WITH CHARLES

At Everwilling Gym Castle Hill

DATES: 3, 10, 17, 24 February
3, 10, 17, 24, 31 March
7, 21, 28 April
5, 12, 19, 26 May 2017

COST: \$20 per week. *This includes the activity cost & a healthy lunch*

MEETING POINT: Cumberland Council – 16 Memorial Ave Merrylands
At 9.30am

WEAR: Casual Clothes & Towel

TRANSPORT AVAILABLE TO THE GYM AND FOR THE JOURNEY HOME FROM 2PM ONWARDS