

JOIN IN. GET ACTIVE!

PREMIER'S ACTIVE APRIL 2017



All sessions are **FREE**
Everyone is welcome to attend

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3 Body Balance 10.30am	4 RPM 9.30am	5 Seniors Fitness Class 10am to 10.30am Gym access 10.30am to 11.30am Finska Game 12.30pm to 2pm	6 Body Balance 6am	7 Body Step 9.30am
8 Fitness Testing 8am	9	10 Aqua Fitness 10.30am	11 Aqua Fitness 10.30am	12 Aqua Fitness 10.30am	13 Cycle Performance 9.30am Group Fitness Session 12.30pm to 1pm	14 Aqua Fitness 10.30am
15	16	17	18	19 RPM 5.30pm Yoga 12.30pm to 1.30pm Finska Game 12.30pm to 2pm	20 Boxing 9.30am	21 Body Pump 5.30pm
<p>Location: Wodonga Sports and Leisure Centre (WSLC) To register phone WSLC on (02) 6058 2555 To bring: Towel, mat (body balance/pilates) and a drink bottle. Please arrive 15 minutes before session.</p> <p>Location: The Cube Wodonga Courtyard To register phone April on (02) 6022 9705 or email alampe@wodonga.vic.gov.au To bring: Towel, mat and drink bottle. Please arrive 15 minutes before session.</p> <p>Location: The Cube Wodonga Courtyard Register on the day with Sports North East To bring: Drink bottle</p>		24 Pilates 6.40pm	25 Body Balance 6.30pm	26 Mums & Bubs Class 9.30am to 10am Finska Game 12.30pm to 2pm Body Balance 6.30pm	27 Gym Access 4.30pm to 5.30pm	28
		MAY - 1	2	3 Finska Game 12.30pm to 2pm		



Register today - activeapril.vic.gov.au