



*Child  
friendly!*

# Empowering Women

**Tuesdays 9:15-10:00am**

Fun, interactive exercise sessions designed to get your whole body moving, with a strong focus on functional compound movements.

Put yourself first, reconnecting with your goals and values so you can create the best version of yourself!

**Location:** Lyons Community Centre, 25 Damabila Drive, Lyons

**Cost:** \$5 per session

**Bookings essential!**

**Contact:** Tanya - OJFit 4 Life [tanya@ojfit.com.au](mailto:tanya@ojfit.com.au) or 0422 043 677

BYO mat  
or towel,  
& a water  
bottle

