



BYO mat
or towel,
& a water
bottle

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 or 0422 043 677

Child friendly!



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