



Shape

Rattle 'n'

Stroll...



- Get your pre baby body back, or maintain your fitness whilst pregnant
- Meet and share experiences with other mums
- Improve fitness, strength and flexibility
- Supportive baby/child friendly environment
- Catering for all fitness levels
- Group personal training
- One on one personal training
- No Registration fees or contracts
- Run by qualified fitness professionals
- Registered with Fitness Australia

**REGISTER  
NOW AND  
RECEIVE YOUR  
FIRST SESSION  
FREE!**

**Group classes \$12.50, or purchase a bulk pass and save. Personal training available on request**



**Shape, Rattle N Stroll**

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