

***Make 2020 the year you become
more active, more often!***



Come to the **FREE strength training classes**
at the new outdoor fitness equipment
at Nolen's Park, Boort.

Classes will be hosted by Sherryn from SOFitness,
starting at 10.15am Tuesday 4 February, and will
run **every Tuesday and Thursday**
throughout Term 1.

Classes funded via Healthy Heart of Victoria Initiative

