



# Timaru Parents Centre presents

## BODEZE BACK!

*a child friendly exercise class for  
mums with babies or toddlers*

**Where:** Just Jude (woman's only gym), The Terrace, Timaru

**Times:** Tuesday 10:30am - 11:30am  
Thursday 10:45am - 11:45am

**Cost:** Casual - Parents Centre Member: \$7 per session  
- Non-Member: \$9 per session

Concession Cards - 4, 6, 8 & 12 week concession cards available with discounts, enquire at class for more details.

**Our Aim:** Providing a quality exercise class in a child friendly environment  
Bring your babies and toddlers along with your buggies or front packs and get your body back!

**Contact:** Call Cath on 686 2282 for more information

Classes include elements of:

“ZUMBA” “STEP” “SPIN”  
“CIRCUITS” “PUMP” “AEROBICS”