



Bodeze Back!

A child friendly environment!

Where: SBS Events Centre
(Upstairs) Morgans Rd, Timaru.

When: Tuesday and Thursday 9:30-10:30am

Cost: Parents Centre members \$50, Non-members \$60 for 10 class concession card. Casual \$7 per session.

*Brought to you by Timaru
Parents Centre.*

Our aim is to provide a quality aerobic workout in a child friendly environment, bring your babies and toddlers along with those buggies and front packs and get your Body Back!!

Classes include elements of:

Pump!
Circuits
BodyJam
Step
Combat

**You are welcome with or without
your children
If you have never tried a Bodeze Back
class mention this poster and your first
SESSION IS FREE.**

**Phone Anita on 6864787 for more
information**