

**THIS  
GIRL  
CAN**

#ThisGirlCanVIC



# THIS GIRL CAN WEEK

**CELEBRATE YOUR STRENGTH  
AND CONNECT WITH OTHERS!**

Wear **purple** for your chance to **WIN** prizes!

**SUNDAY 10 TO SUNDAY 17 NOVEMBER 2024**

Enjoy **FREE** come and try classes led by our talented female instructors!

SUN 10 NOV	MON 11 NOV	TUE 12 NOV	WED 13 NOV	THU 14 NOV	FRI 15 NOV	SAT 16 NOV	SUN 17 NOV
9am <b>Aqua Hi-Lo</b>	9.15am <b>RPM</b>	9.15am <b>Pilates (CFC)</b>	9.15am <b>Circuit (CFC)</b>	9.15am <b>Body Combat (CFC)</b>	9.15am <b>Body Pump (CFC)</b>	10am <b>Yoga</b>	10am <b>WOMEN ONLY Body Balance or Yoga</b>
	12.15pm <b>RPM X-Press</b>	5.30pm <b>Body Combat</b>	12.15pm <b>Sprint</b>	12.15pm <b>Pilates</b>	11.00am <b>Yoga</b>		11am <b>Guest speaker Dr Margreet Stegeman – women’s health specialist</b>
	6.30pm <b>Body Balance</b>	6.30pm <b>Pilates</b>	6.30pm <b>Body Combat</b>	5.30pm <b>RPM</b>	5.30pm <b>Body Combat</b>		

Limited spots available. Terms and conditions apply. (CFC) Child Friendly Classes.

[shepp.city/tgcweek](https://shepp.city/tgcweek) 🔍



Visit [www.aquamoves.com.au](https://www.aquamoves.com.au) for more info.

Aquamoves is proudly provided by Greater Shepparton City Council.

