

Pro Fitness Bunbury Grow Strong Classes For 10 – 14 Year Olds



- Mondays and Wednesdays @4pm
- Classes run for 45mins
- Term 1 \$150 - Do 1 or do 2 classes per week.
- Classes focus on functional fitness, core strength, posture and alignment
- During School Holidays meet us Fridays @11am for \$10 per session



Call **9791 8961** or email progressbunbury@westnet.com.au to enrol now for Term 1. Limited places!

Progress Physiotherapy and Pro Fitness 46 Spencer St, Bunbury 6230.