

# MORNING MUMS



**\$12.50 per Session Or \$33 Per Week For Unlimited Weekly Classes First Session Free**

The Active Lifestyle **MORNING MUMS** exercise group is a chance to take some time out for yourself. It is a class tailored specifically to the needs of new and older mums, it helps to build core strength, improve core stability and abdominal strength, boost your metabolism and increase your weight loss.

Now Running Sessions In;

- **Vermont Sporting Club (Mel. 62 J2 )** - Tuesday, Thursday & Friday 9.30am
- **Oakleigh Sporting Club (Mel. 69 F6)** - Monday, Wednesday & Friday 9.30am



**1300 859 169**

**[www.activelifestyle.com.au](http://www.activelifestyle.com.au)**

**TAKE SOME TIME OUT FOR YOURSELF**