

# GET FIT!

EXERCISE CLASS AND HEALTHY  
SNACK BAR...FIND OUT HOW  
LONG IT TAKES TO BURN OFF  
YOUR FAVOURITE FOODS.

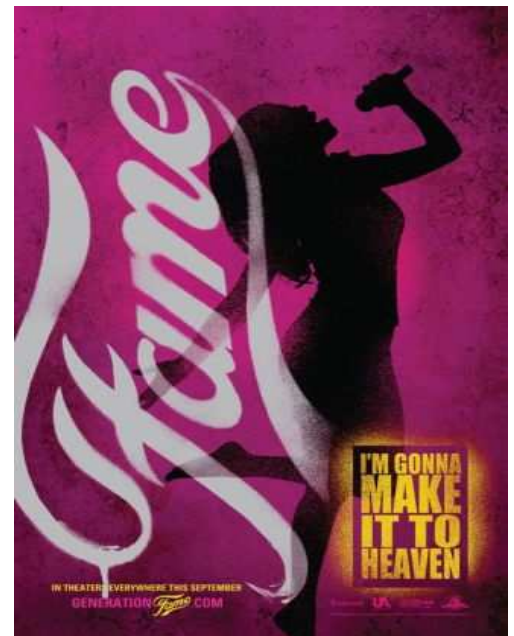
WEDNESDAY 10<sup>TH</sup> MARCH

11AM - 2PM  
ROOM = S3:800

FUN AND FREE SO  
BRING YOUR FRIENDS  
AND YOUR  
TRAINERS!!!

3PM-4.30PM = WEIGHT  
MANAGEMENT CLASS STUDENT  
COMMON ROOM

GENTLE AEROBICS EXERCISE 1-2PM



Aimhigher..