

31 JAN  
- 9 APR  
SOUTH BANK  
PARKLANDS

# medibank feel good PROGRAM

SEASON  
EXTENDED

FREE FITNESS & WELLNESS CLASSES

DAY	CLASS	TIME	LOCATION
MON	YOGA	5 - 5:45PM	LSS LAWNS SOUTH
TUE	CARDIO FUSION	12:15 - 1PM	FLOWSTATE PAVILLION
	PILATES	5 - 5:45PM	LSS LAWNS SOUTH
WED	TAI CHI	7 - 7:45AM	FLOWSTATE PAVILLION
	BABY & ME	8 - 8:45AM	FLOWSTATE PAVILLION
THU	PILATES	7 - 7:45AM	LSS LAWNS SOUTH
	ACTIVE KIDS	11 - 11:45AM	FLOWSTATE PAVILLION ENDS ON 31 MARCH
SAT	YOGA	8 - 8:45AM	LSS LAWNS SOUTH
	MINDFUL ART*	10:30 - 11:15AM	FLOWSTATE PAVILLION

**BOLLYWOOD DANCING**  
6:15 - 7PM  
FLOWSTATE PAVILLION

**ENERGY**  
5 - 5:45PM  
FLOWSTATE PAVILLION

**SALSA & SAMBA**  
6:15 - 7PM  
FLOWSTATE PAVILLION

**ZUMBA®**  
5 - 5:45PM  
FLOWSTATE PAVILLION

**BALLROOM DANCING**  
6:15 - 7PM  
FLOWSTATE PAVILLION

Please note that Mindful Art classes require bookings via [feelgoodprogram.com.au](http://feelgoodprogram.com.au)  
Limited spaces available

\*PRE-BOOKING REQUIRED



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MAJOR PARTNER



SUPPORTING PARTNER



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