



# LOUS FITNESS

	Mon	Tues	Wed	Thurs	Fri
9.15am	PUMP	PUMP	PUMP	BODY BLITZ	PUMP
4:30pm		BLAST CLASS			
5:30pm	PUMP	PUMP	STEP	COMBO CLASS	
6:30pm	STEP		PUMP		

### Further Information :

Children's play area provided.  
 Toilet and Shower Facilities available.  
 Bring along a towel, water  
 and enclosed footwear.

### Pricing:

Classes [casual] \$10  
 Students [casual] \$5  
 Weekly pass \$30  
 Monthly pass \$120

### Contact:

Louise Pidgeon  
 Phone : 04 096 439 70  
 Address: 53 Owen Street, Craiglie

[www.lousfitness.com.au](http://www.lousfitness.com.au)

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