

# LOU'S FITNESS

	Mon	Tue	Wed	Thurs	Fri
6.45am	PUMP	COMBO	PUMP	COMBO	PUMP
9.15am	PUMP		PUMP		PUMP
5.15pm	PILATES	STEP	PILATES	STEP	
6.15pm	ZUMBA	PUMP	PUMP	PUMP	

Pricing:  
 classes (casual) \$10  
 student (casual) \$5  
 -  
 Weekly pass \$30  
 Monthly pass \$120

play area provided for the kiddies.  
 Toilet & Shower facilities available.  
 Bring along a towel, water and enclosed footwear.

For further information, please visit: [www.lousfitness.com.au](http://www.lousfitness.com.au)  
 Or contact Louise Pidgeon: (04) 096 439 70