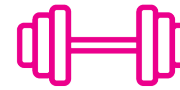




HEALTHY *Active* HIGHLANDERS

CAPELLA
1 MARCH - 22 MAY 2021



	MON	TUES	WED	THURS	FRI	SAT
9.00 AM				Yoga Sports Pavilion Bridgeman Park Phillipa		
1.00 PM	Pilates Sports Pavilion Rosie					

Healthy Active Highlanders is a **FREE** 12-week program funded by the Central Highlands Regional Council that encourages males and females of all ages and stages to get out and get active.

These fun, no obligation sessions are conducted by qualified instructors.