

Yarrabah Parents and Carers Fitness and Nutrition free sessions

Five weeks only-Limited spaces book NOW

To be held on oval at the back of the school-Browns Reserve

For wet conditions meet in the After School Care Building

Weekly on Friday mornings 10am until 11.45

Starting 12th, 19th, 26th February, 12th, 19th March,

Linda Mainwaring is a Health and Fitness coach and will be guiding us each session in a variety of exercise classes. Each class is designed to be fun, interactive and will cater to all fitness levels, from beginner to advanced.

Part 1 10.15-11.00

Warm up,*

Exercise routine-

Cool down and stretch

* All participants will be required to do the full warm-up prior to the exercise routine. To ensure this happens it is important to be on site for 10am sharp.

Part 2 11.00-11.30

Informative group discussion on topics such as Food: Fuel for your body, How to reduce your stress levels and other lifestyle issues.

Part 3 11.30-11.45

Q&A about topic of the day

Please set aside the time to attend the whole 3 sections.

BRING: towel, mat, drink bottle, sunscreen

Disclaimer: You are participating in these activities at your own risk. If you have any serious health concerns please see your doctor and get a medical clearance to participate in the classes.