



GIRLS STRENGTH & FITNESS TRAINING!

- Foster a love of moving
- Novices or budding athletes
- Transferable sports skills
- Fun & supportive environment
- Movement fundamentals
- Specialist youth strength and conditioning coach

AGES 8-12

THURSDAYS 4-5PM FROM FEB 13TH

\$15 CASUAL OR \$120 PER TERM

THE WORKSHOP GYM

84B&C HINEMOA STREET

BIRKENHEAD

Erin Bowerman
(BDance, MSpEx) is a
qualified strength and
conditioning coach
specialising in and
passionate about
training youth athletes.

Come for a free trial!

022 133 9697
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