



FOR STAFF (CHPCP MEMBER AGENCIES)

Exercise to exciting and fun Latin and international dance rhythms.

Have fun grooving with your work mates!

Low impact safe aerobic exercise, with easy-to-follow steps for beginners.

Suitable for all levels of fitness.

Please go to www.bchc.org.au, click on BCH news and download the "physical activity readiness questionnaire". Once completed, either fax (5336 1613) or email penelopew@bchc.org.au

When: Thursdays, 5:15pm to 6:00pm

Where: Cooinda
10 Learmonth Road, Wendouree
(Please enter via the Senior Citizens entrance)

Bring: Comfortable clothes and shoes
Water to drink and a towel

Cost: \$5.00