



# YOGA2FITNESS

Yoga • Movement • Meditation • Relaxation  
Live & Online Classes | Beginners Welcome

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| <b>MONDAY</b><br>9:30am Currambine<br>7:00pm Heathridge<br>Live & Zoom                                                                                   | <b>TUESDAY</b><br>9:30am Heathridge<br>Live & Zoom | <b>WEDNESDAY</b><br>7:00pm Heathridge<br>Live & Zoom |
| <b>THURSDAY</b><br>9:30am Heathridge<br>Live & Zoom                                                                                                      | <b>FRIDAY</b><br>9:30am Heathridge<br>Live & Zoom  | <b>SATURDAY</b><br>9:00am Heathridge<br>Live & Zoom  |
| <b>Flex, Tone &amp; Relax – a gentle blend of movement, stretching, strengthening, balance, breathing and guided relaxation suitable for all levels.</b> |                                                    |                                                      |

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| <b>PRICING</b><br><br>First Class \$10<br>Casual \$18<br>5 Class Pass \$78<br>10 Class Pass \$155<br><br><b>Concession</b><br>5 Pass \$68<br>10 Pass \$135 | <b>MEMBERSHIPS</b><br><br>Unlimited Week \$28<br>Unlimited Month \$115<br><br><b>VENUES</b><br><br>Currambine Community Centre<br>Activity Room 2<br>64 Delamere Ave, Currambine<br><br>St Mary Magdalene Anglican Church<br>Cnr Caridean St & Lysander Dr,<br>Heathridge | <br><br>SCAN TO BOOK ONLINE<br><br><b>FIRST TRY CLASS \$10</b> |
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## GOOD TO KNOW

- Beginners welcome at every class
- All classes available live and via Zoom
- Class passes are flexible and can be used at your own pace over a 12-month period
- Unlimited memberships can be paused for holidays or illness
- Bring a mat and water bottle. Spare mats are available to borrow, and a limited selection of bolsters and blankets
- Please arrive 10–15 minutes before class to settle in
- Feeling unwell? Simply reschedule — there is no cancellation penalty

Yoga Australia Level 2 Instructor • Meditation Facilitator • Cert III & IV Fitness • Seniors Chair Yoga • Children's Yoga • ChiBall Instructor

**www.yoga2fitness.com.au | info@yoga2fitness.com.au | 043 88 00 499**

*I look forward to meeting you at class! Bettina*