



Free Active & Healthy afterschool fitness

Join this fun and interactive activity created for children 4 to 12 years of all abilities and fitness levels. A local Focus Fitness trainer will have the children playing games, moving and laughing.

Commencing Term 1 – 03/02/16 to 23/03/16

Cost	Bookings	Contact
Free	Not required	Focus Fitness P 55 251 110 E info@focusfitness.biz 

Date	Time	Location
Wed 8 week program	3.30pm to 4.30pm	Worongary State School Delta Cove Drive

This activity is offered through the City of Gold Coast Active and Healthy Lifestyle Program. For the full program visit moregoldcoast.com.au/activehealthy

Active & Healthy



FOR
ALL AGES

CITY OF
GOLD COAST™