

MUMS & BUBS



LOCAL GROUP FITNESS



- **Bubs friendly environment with toys**
- **You are welcome with or without bubs & kids**
- **ONLY \$5 per session, including drinks and nibbles**
- **A great way to meet local mums and exchange experiences**
- **A fun workout suitable for all fitness levels and ages**
- **Weekly healthy lifestyle and meal planning tips**

To all awesome mummies around Ashburton, Ashwood, Chadstone and Mount Waverley... join our mums & bubs community for a fun-filled workout and get motivated to live a sustainable healthy active lifestyle. As a mum we take care of the whole family and the only person we often forget to take care of is ourselves ;)

Power Neighbourhood House
54 Power Avenue, Ashwood

Steffi 0475 417 738
<http://bit.ly/AshwoodMumsBubs>

**Every
Tuesday
9.30am**

