

It's my move!

10-week female orientated workout programme on offer for Burnside High School students!

All abilities, skills and fitness levels welcome. Let us help you reach your health and wellbeing goals this year.

Each week a new focus including: Yoga, Boxfit, Strength Training, Spin, HIIT and much more.

COST FREE

**WHEN Term 2 – Wednesdays
3.15-4.15, starting 26 April**

WHERE Y Fitness Bishopdale

The programme is open to all students who identify as female. To register your interest or if you have any questions, please see Mrs Guillemot in the Sports Office or Mrs Townsend in the PE Office.

Y Bishopdale Recreation Centre

13a Bishopdale Court, Bishopdale p 03 359 8320
e fitness@ymcachch.org.nz w ymcachch.org.nz



**BURNSIDE
HIGH SCHOOL**
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