

Women's Group TRAINING SESSIONS



Meet other mothers in the Newington community



Available 3 mornings a week, come to one, two or all sessions



Convenient location, and time from dropping your son/s off



Variety of training methods: boxing, circuit training and running



Great value for money

WHEN: Every Monday, Wednesday and Friday

TIME: 8.45am – 9.45am

WHERE: Newington College Fitness Centre

EMAIL: Nathan Parnham
nparnham@newington.nsw.edu.au

