



# Men's Health Week

## 10<sup>th</sup> – 16<sup>th</sup> June 2019

To celebrate Men's Health Week Wodonga Sports & Leisure Centre will be offering free classes to all men over the age of 16.

Mon 10th	Tues 11 <sup>th</sup>	Weds 12 <sup>th</sup>	Thurs 13 <sup>th</sup>	Fri 14 <sup>th</sup>	Sat 15 <sup>th</sup>
10:30am - Absolute Aqua	9:30am- RPM	9:30am - Absolute Aqua	9:30am - Wu Tai Chi	9:30am - Spinning	9:30am - Men's Intro to Compound Lifting (Strength)
	5:30pm - Men's Circuit training	5:30pm -RPM	5:30pm - Overload Kickboxing	10:50am - Body Balance	
	5-7pm -Nutrition Warehouse			3-5pm - Headspace Pop Up	
				5-7pm - Nutrition Warehouse	

Headspace will be at the Leisure Centre between 3-5pm on Friday the 14<sup>th</sup> of June.

Nutrition Warehouse will be at the Leisure Centre from 5-7pm on Tuesday the 12<sup>th</sup> and Friday the 14<sup>th</sup> of June.

**Bring your mates and come and give something new a go!**