



Penrith Women's
Health Centre
Established 1987

EMPOWER HOUR



**DISCOVER DIVERSITY IN MOVEMENT: A
JUDGMENT-FREE JOURNEY OF VARIED FITNESS,
BUILDING COMMUNITY AND CELEBRATING
EVERY WOMAN'S INNER POWER**

MONDAYS

START TIME: 10 AM
DURING SCHOOL TERM

COST

\$10 PER SESSION **OR**
\$80 FOR A 9 WEEK TERM

LOCATION

MELROSE HALL
169 GREAT WESTERN
HWY, EMU PLAINS



Facilitator: Rebecca, Rewind Fitness

**CALL TO BOOK YOUR SPOT
(02) 4721 8749**