



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

COST

**\$10 PER SESSION OR
\$80 FOR 9 WEEKS**

LOCATION

**MELROSE HALL
169 GREAT WESTERN
HWY, EMU PLAINS**



Facilitator: Rebecca, Rewind Fitness

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