



# *Latinise and Energise*

yourself with Wendy's routines at the  
Victor Harbor Lutheran Centre.

Get a fabulous 45 minute workout to some great music.  
Door opens 6pm, session starts 6.05pm sharp.

The rhythms are infectious and it's all about having fun while keeping fit.

A reasonable level of fitness is required.

Not sure, please come to observe and still enjoy the music (no charge)!

Age Suitability - 18 years, plus.

10 session discount card \$120.00 (\$12.00 per head per session)

one or more people can share the card and it has no expiry date, OR

casual 'pay on the day' option \$15.00p.h., OR (if not sure)

1<sup>st</sup> session \$15.00, then next session pay \$105.00 and two sessions will be  
marked off your card, thereby you still get the discount!

*Make fitness fun - Don't make it a chore  
and you'll do more!...Wendy*

**Starts Tuesday 9 July 2019, 6pm**