

poundfit & pilates

A high energy 45 min class hosted by Bec

class

Combining the rhythm of fitness drumming, the burn of pilates, and a feel good stretch to finish.



Every Tuesday from 8:45am until 9:30am

suitable for all fitness levels.

Located at the Main Hall via Gate 10 entrance, next to the Community Hub.



Register with Active & Healthy via the QR Code above to secure your spot!