



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

EMPOWER

H O U R



CLASS SCHEDULE

WEEK 1: JULY 29, 2024 - DANCEFIT

WEEK 2: AUGUST 5, 2024 - CHAIR YOGA

WEEK 3: AUGUST 12, 2024 - 80'S AEROBICS

WEEK 4: AUGUST 19, 2024 - STRENGTH CIRCUIT

WEEK 5: AUGUST 26, 2024 - STRENGTH & BALANCE
(BRING A MAT)

WEEK 6: SEPTEMBER 2, 2024 - BOX FIT

WEEK 7: SEPTEMBER 9, 2024 - WALK WORKOUT
(LOW IMPACT WALKING-BASED ROUTINES)

WEEK 8: SEPTEMBER 16, 2024 - BEC'S BOOT CAMP

WEEK 9: SEPTEMBER 23, 2024 - DANCEFIT

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