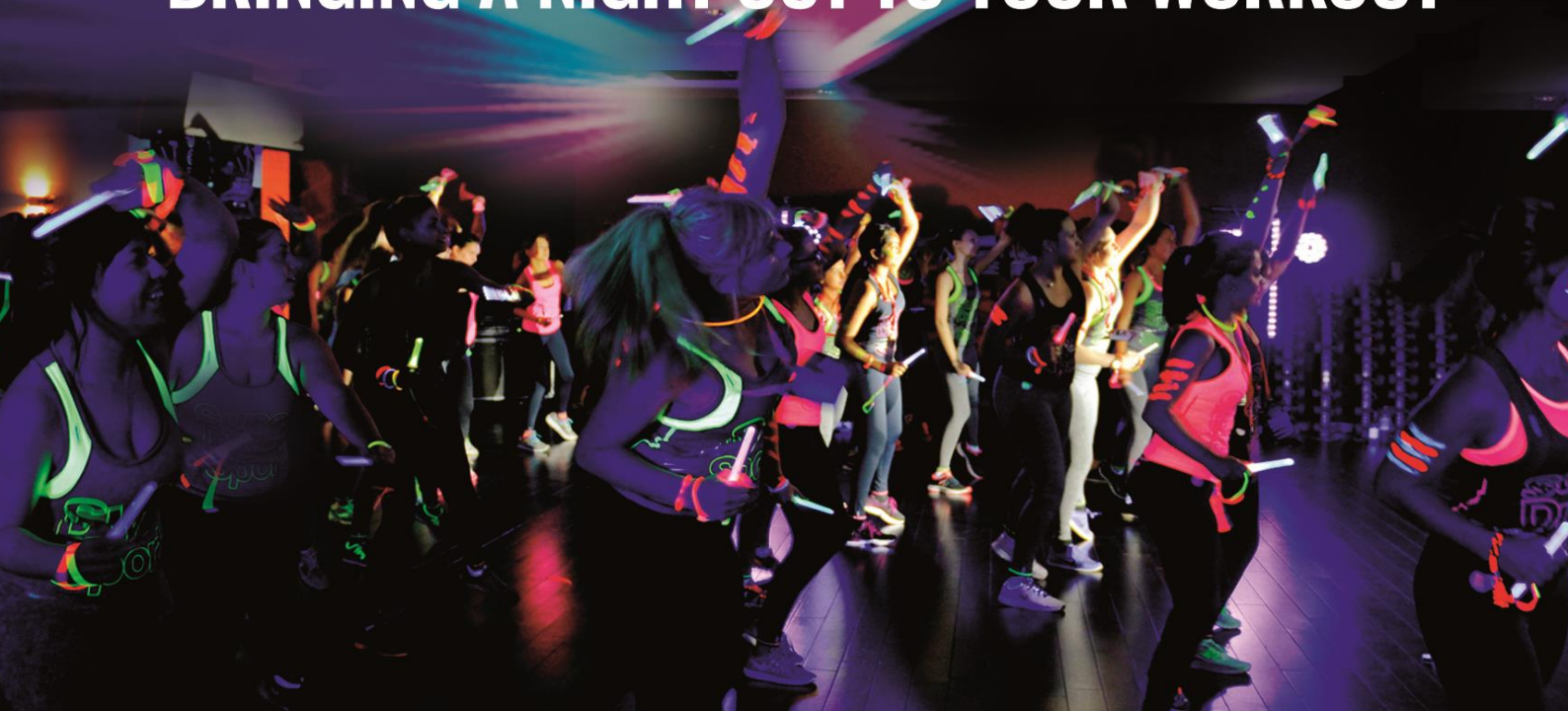




clubbercise®

BRINGING A NIGHT OUT TO YOUR WORKOUT



CLUBBERCISE WITH CLARE

On Mondays, the Laverton Community Hub GLOWS for 45 minutes with Clubbercise at 7.30pm!

Clubbercise is a fun, choreographed cardio class involving easy to follow dance & fitness routines

Clubbercise takes place in a darkened room with disco lights & glow sticks

Feel AWESOME while you get FIT to great Club tracks from 90s to TODAY

It's all about MOVING, getting FIT, feeling GREAT and having FUN

Casual cost is \$15 (\$14 plus \$1 Glow Stick hire) or purchase a 10 Class Pass for \$110 and Rave & Save (4 months to use)

****Jump onto my Facebook page @clubbercise^{noisy} for more information, details about other classes and videos
OR call me on 0418 149 528****