

*Keen to get fitter in 2012?*

*Tired of a sore aching back?*

*Keen to improve your core strength?*

**FREE PASS**

## **CORE Gymball or Cardio Classes**

Designed and run by physiotherapists,  
Core 1 hour small group classes involve  
individualized attention and care.

Timetable on [www.coregymball.com](http://www.coregymball.com)

*CORE Gymball*

*Unit 18, 800-812 Old Illawarra Rd, Menai*

*Valid in January 2012 for **new clients only**.*

*Please ring to book your place.*

*9545 0134 / 0438 448 738*

