

Be Active

HEALTHY LIFESTYLE PROGRAMME



TERM FOUR 2020

8 WEEK PROGRAMME

Taiora: QEII Be Active

193 Travis Road, New Brighton

Starting Monday 12 Oct

10.30am-12pm

YMCA Bishopdale Be Active

13A Bishopdale Court

Starting Thursday 15 Oct

1.15pm-2.30pm

On-line Be Active

In your living room

Starting Monday 12 Oct

\$3 per session

REGISTER NOW
0800 BE ACTIVE

www.sportcanterbury.org.nz/beactive

