



MCKINLAY SHIRE COUNCIL & MOVE IT NQ
PRESENT

GROUP FITNESS

Group fitness is back for 2021!

All fitness levels invited to attend for FREE.

Get involved, get fit, have fun and kick start those new years resolutions. Each session will offer something different and a new challenge! Participants willing to participate will have to become members of the gym to attend sessions at Daren Ginns Centre. Sessions at other areas do not require membership.

*New Year
New Me!*

*Every Tuesday & Thursday Starting January 19th
5:30-6:30PM @ Daren Ginns Centre & Surrounding
Locations (as per timetable)*

FOR MORE INFO OR TO OBTAIN A TIMETABLE CONTACT
JORDAN MORRIS, 0439 689 723,
SPORTREC@MCKINLAY.QLD.GOV.AU