



# Men's Fitness & Wellbeing Group

Our fitness group is designed for men and run by a qualified Personal Trainer, using a circuit-style setup to cater for all fitness levels.

Come down and hang out with other guys from the area, while working on your own fitness goals.

## 6 Week Program

**Dates:** Tuesday 13<sup>th</sup> August to Tuesday 17<sup>th</sup> September

**Time:** 6pm to 7pm

**Location:** Packemin Studios

Unit 137, 7 Hoyle Ave, Castle Hill NSW 2154

To register please contact Jessica on 02 8805 7288

Or email [jessica.tatt@wesleymission.org.au](mailto:jessica.tatt@wesleymission.org.au)



**Do all the good you can**  
because every life matters