OFFICIAL FOUNDATION OF WEST MORETON HEALTH

FIT4LIFE
Fitness Activities

Summer Schedule	MON	TUES	WED	THURS	FRI	SAT
Glebe Road Uniting Church		**Pilates** 5.30pm		**Yoga** 5.30pm		
Ecco Ripley Faye Carr Park, Ripley	**Low Impact** 5.30pm					FREE **parkrun** 7.00am
Bundamba Swin Centre			**Aqua Fitness** 6.00pm			
Bundamba State Primary School		**Zumba** 5.30pm				
Bundamba State Secondary College				**Full Body Fitness** 5.30pm		
Queens Park Cnr Milford St & Goleby Ave	**Running** 5.30pm	**Running** 5.30pm	**Running** 5.30am		**Running** 5.30am	
Redbank Plaza Shopping Centre	$2 **Walking** 7.00am				$2 **Walking** 7.00am	
Riverlink Shopping Centre		$2 **Walking** 7.00am		$2 **Walking** 7.00am		
Bill Paterson Oval Ipswich						FREE **parkrun** 7.00am

Join our Facebook group, ***IHF Fit4Life Fitness Activities***

All classes cost $7, online booking required

Come along to any class with towel, water bottle and mat.

Pay as you go, $7 per class

OR

Join our IHF Membership for unlimited classes $21 a fortnight

ihfoundation.org.au/fit4life | 1300 736 428

Effective October 2021

IHF
OFFICIAL FOUNDATION OF WEST MORETON HEALTH

MEMBERSHIP

Do you go to two or more Fit4Life classes a week?

Sign up to the IHF Membership and save! **Visit: www.ihfoundation.org.au**

Membership cost is $21 per fortnight for UNLIMITED Fit4Life classes.

Plus:
- Discounts on Healthy Events
- Be part of a bigger group striving to *Become the Healthiest Community in Australia*

Futher info: 1300 736 428 | info@ihfoundation.org.au