

community
ignite change Qld

MUSLIM YOUTH SERVICES



Queensland
Canoeing
Incorporated



BRISBANE RIVER DRAGONS
QUEENSLAND AUSTRALIA



jazzercise®



Dedicated to a better Brisbane

Muslim Women's Activities Come & Try Program



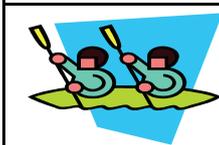
JAZZERCISE - Tuesday May 27th 6:15–7:30pm
Warrigal Rd State School. A 60-minute class for a total body workout. With moves from hip-hop, yoga, Pilates, kick-boxing, and resistance training.
(there will be music at this session)



OUTRIGGING - Saturday MAY 31st 9–11:30am
138 Quay Street, Bulimba. With 6 friends in each outrigger, this exhilarating and challenging activity promotes teamwork in a healthy outdoor activity.



DRAGON BOAT—Saturday JUNE 7th 9–11:30am
400 Lytton Rd, Colmslie. UP to 20 people in each boat, you can be as energetic as you want. See the river from the water with friends.



CANOEING— Saturday June 14th 9 -11:30am
Springfield Lakes Each person will have their own Kayak and will learn some skills of this sport. Flat water and ideal location for some fun.



FEMALES 'FIGHTING' FOR THEIR FITNESS—Saturday June 21st - 9:30am—10:30am Kuraby Community Centre. Fun BOX 'n' BOUNCE BOOTCAMP session. Suitable for all fitness levels
Your guarantee? Having FUN while getting FIT!!
(there will be music at this session)

Never tried these, but always wanted to? Or, tried and loved them? Here's your chance! Fun, different and challenging. Have a go under the watchful guidance of qualified female instructors, in a comfortable ladies-only space.

Essential: Wear comfortable clothing and solid shoes that can be wet

Grab a good hat (that will stay on your head)

Have a Towel with you

Spare clothes (just in case) for water activities

BRING YOUR OWN WATER BOTTLE

Bring: Bundles of enthusiasm and a sense of adventure!!

How to get involved—

1. Are you aged over 13 yrs?
Book in you and other female friends or family
2. Arrange your transport (see below) AND check address
3. Have money ready
4. Pack necessities
5. Have a light breakfast before and maybe bring a snack

BOOKINGS ESSENTIAL!

Limited Transport available

You do not have to be able to swim.

Register Now

Shaima:

0402 529 395

shaimak@myservices.net.au

(Email preferred)

\$5 each or \$20 for all 5 sessions

- ♥ Morning tea, refreshments provided
- ♥ Give-away packs
- ♥ Each attendance you go in the draw for a great prize pack!

Thank you to the many organisations and volunteers helping to make this experience possible.