

ARE YOU A PAST “CALISTHENICS GIRL” WHO STILL HAS A DESIRE TO PERFORM?

ARE YOU A ‘CALISTHENICS MUM” WHO WOULD LOVE TO KNOW HOW TO DO WHAT YOUR CHILD DOES AND MAYBE HELP THEM AT HOME?

DO YOU WANT TO EXERCISE AND GET FIT AGAIN BUT HATE THE GYM AND RUNNING OUT IN THE COLD?

IF YOU ANSWERED YES TO ANY OF THE ABOVE QUESTIONS THEN

MERINDA MASTERS IS FOR YOU!

Masters is for anyone over the age of 26 years. It can be recreational or Competitive. Merinda once held a Recreational Masters Class and is looking at re-starting a Masters Class in 2011 but would like to gain interest to see whether we do Recreational/ Competitive or both.

Please take the time to answer the following couple of questions to help us best service the needs of the Merinda Community.

1. Would you like to be involved in a Masters Class at Merinda in 2011?

2. Would you prefer Merinda Masters to be Recreational or Competitive?

3.If it was Recreational would you still be interested?

4.If it was Competitive would you still be interested?

5.What night would you prefer. Class would be for 2 hours approx.

SUNDAY, MONDAY, TUESDAY

6..Please supply your name and contact if you would like to hear more.

PLEASE CONTACT – SUE HARDING- 3 KALIMNA ST ESSENDON 3040

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