

BF&M Wellness Week

June 26th - 30th

11:00am to 2:00pm daily
in Barr's Bay Park

We're hosting our first
Wellness Week and we
invite you to join us!

With a different theme each day, we're
partnering with community organisations
to bring you an exciting week of wellness.
We're also offering free daily workout
classes that you can register to join.

MONDAY

26th

Mindfulness Monday

11:30am Canvas painting
12:00pm Yoga stretch
12:30pm Canvas painting
1:00pm Pilates mat

TUESDAY

27th

Men's Health

12:00pm Spinning
1:00pm Circuit training

WEDNESDAY

28th

Wellness Wednesday

11:00am Yoga stretch
12:00pm Body combat
1:00pm HIIT

THURSDAY

29th

Women's Health

11:00am Thai boxing
12:00pm Spinning
1:00pm Beyond booty

FRIDAY

30th

Family Fitness Friday

Kids welcome!

12:00pm Full body blast
1:00pm Circuit class

**Register now to join
the classes as spots
are limited:**

[Click here](#)
to register for free
workout classes!