



Posture & Flexibility

www.strengthandflex.com.au

**Stretching, core strength, back care, RSI recovery.
Feel great and train your body to greater strength and flexibility.**

Instructor: Ben Brikcius – 0434 399 700
ben@strengthandflex.com.au

Class Venue: Canberra Dance Theatre
Barry Drive, Canberra
(Corner of Kingsley Street and Barry Drive)

Term dates: 12 weeks

Mondays commencing 7th March 2022 – 23rd May

Time: 12:30 – 1:30pm

Tuesdays commencing 8th March 2022 – 24th May

Time: 12:15 – 1:15pm

Classes will run on all public holidays

Fee: 12-week term \$192

Classes cost \$16 per session. Term commitment is necessary.
If you miss a class, you can make it up with the other session times.
Other classes are also available from website.

Contact Ben to book your spot.

Please wear layers of stretchable clothing and BYO water bottle.
Change rooms available.

