

# Fit for Life Spring Fitness Package

28 October – 2 December

The City of Bayswater is offering residents a six-week health and fitness package for only \$20. This includes:

**Fitness classes**

at either Bayswater Waves (Silver Sneakers low-impact classes) or The RISE Maylands (pilates classes).

Every Wednesday  
28 Oct – 2 Dec  
11:30am – 12:30pm

**A nutrition seminar**

at the City of Bayswater Civic Centre.

Thursday 29 Oct  
10am – 11am

**A Coles Galleria supermarket tour.**

Friday 30 Oct

Choose from an  
8am or 9am session

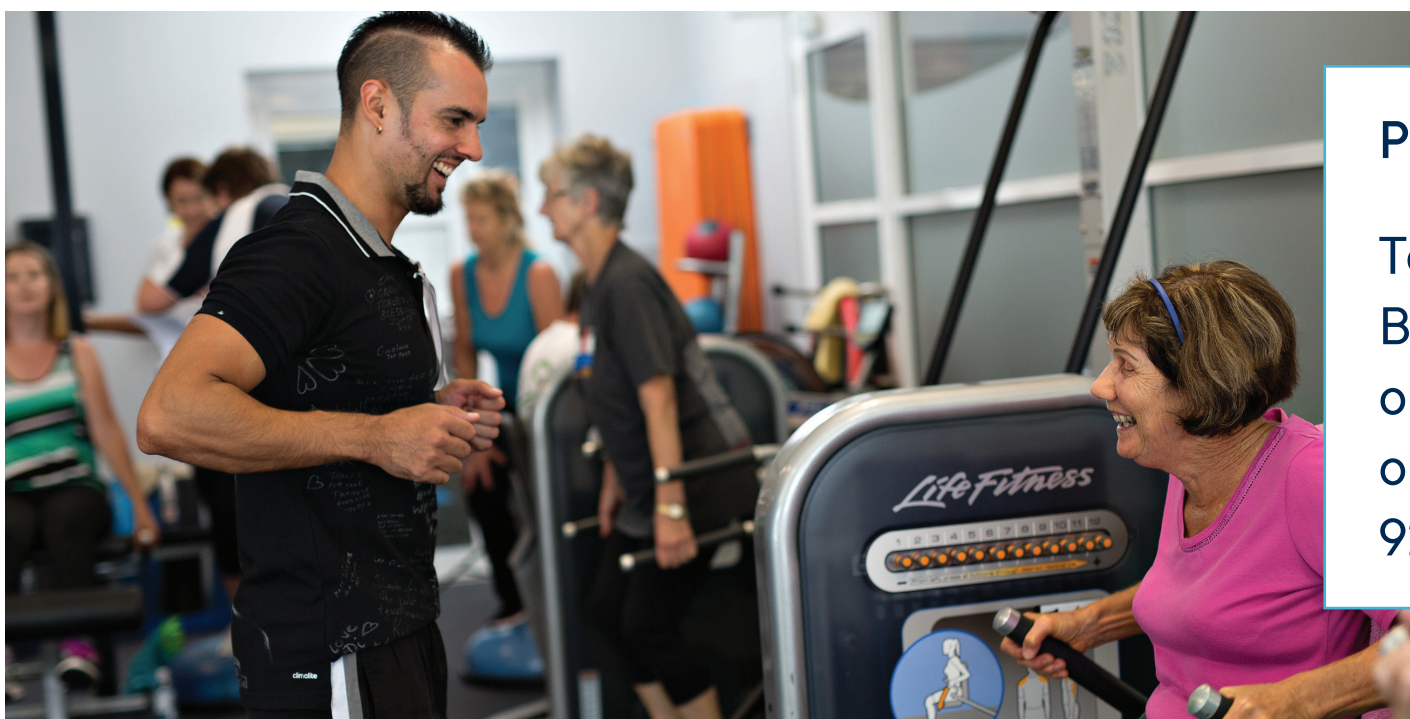
**A cooking demonstration**

at City of Bayswater Civic Centre.

Choose from one of  
the below sessions:

Thursday 5 Nov  
10am – 11am

Friday 6 Nov  
10am – 11am



**Places are limited!**

To register, call  
Bayswater Waves  
on 9276 6538  
or The RISE on  
9208 2400.

**Bayswater Waves**

Cnr Broun Avenue &  
Priestley Street, Embleton

P: (08) 9276 6538

E: [waves@bayswater.wa.gov.au](mailto:waves@bayswater.wa.gov.au)

[bayswaterrecreation.com.au/waves](http://bayswaterrecreation.com.au/waves)

**The RISE**

28 Eighth Avenue, Maylands

P: (08) 9208 2400

E: [rise@bayswater.wa.gov.au](mailto:rise@bayswater.wa.gov.au)

[bayswaterrecreation.com.au/rise](http://bayswaterrecreation.com.au/rise)

