



# Active Synergies

Join a personal trainer for a fun Fitness and Well-being program aimed at the 50+ and the young at heart!

Where: Woodcroft Morphett Vale Neighbourhood Centre,  
175 Bains Road, Morphett Vale

When: Tuesday & Thursday 9am, Wednesdays 10.30am

Cost: \$6 per booking or,  
\$5 per session when booking full term

Bookings essential

## **Woodcroft Morphett Vale Neighbourhood Centre**

175 Bains Road, Morphett Vale

P: 8384 0070 W: [www.wmvnc.org.au](http://www.wmvnc.org.au)

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