

**\*Physie**  
**\*Fun**  
**\*Fitness**  
**\*Dance**

*\*Looking for new members\**

*\*Elite or brand new\**

*\*Most successful club on the coast\**

*\*Experienced teachers\**

*\*Producing National Champions\**

**What is physie?**

Physie is a great sport for girls. It's a carefully structured syllabus which is as contemporary as the music we work to. It's certainly fun and will keep you fit. The program includes standing and floor exercises, aerobic type warm ups, ballet and dance-all choreographed to develop strength, grace, confidence, co-ordination and flexibility. This in turn teaches the relationship of music to movement, rhythm, self discipline, composition, balance and musical interpretation.

**Where can I do Physie?**

Your local club is WOY WOY RECREATIONAL PHYSICAL CULTURE CLUB. Classes are held in the main hall at the Peninsula Community Centre Woy Woy (Cnr Ocean Beach and MacMasters Rd's) on Monday and Wednesday afternoons and nights. Tuesday nights for Ladies.



**COME AND JOIN US AT THE WOY  
 WOY RECREATIONAL PHYSICAL  
 CULTURE CLUB**

Twice the fun at half the price

**\* LESSONS ONLY \$4.00 \***

**Classes and Times?**

Registration day is on Monday 4<sup>th</sup> February, 4-6pm.

Classes Resume Monday 11<sup>th</sup>, Tuesday 12<sup>th</sup> & Wednesday the 13<sup>th</sup> February.

3-4yrs	3.30-4.00 (Wed only)
5-6yrs	4.00-4.45
7-8yrs	4.45-5.30
9-10yrs	5.30-6.15
11-12yrs	6.15-7.00
13-16yrs	7.00-7.45
Seniors +17yrs	7.45-8.30
Ladies	7.15-9.00 (Tues night)

**TEACHERS Robyn and Kristy Stephen.**  
**For enquires phone on 4344 4924**

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13-1 <sup>st</sup> yr seniors	7.00-7.45
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