

Calling All Parents – Join Our Student-Led Exercise Sessions!

We're inviting parents, caregivers, and community members to join our Certificate III in Fitness students as they lead exercise classes as part of their course requirements.

These fun, energetic 45-minute sessions are a great way to get moving and your involvement provides valuable real-world experience for our students!

Session Times:

- **Monday: 1:00pm**
- **Tuesday: 7:45am**
- **Wednesday: 1:00pm**
- **Thursday: 7:45am**

Location: Online from Fitness Club Page [HERE](#)

What to Expect:

Our student instructors will guide you through cardio, bodyweight, kettlebell-style and stretching workouts. All fitness levels are welcome, and you can join as often as you like.

The feedback from current participants has been overwhelmingly positive with many saying they're feeling fitter, stronger, and already seeing great results!

Why Join?

- ✓ Get fit & feel great
- ✓ Support our students in gaining skills and confidence
- ✓ Help them complete their fitness qualification

Thank you for supporting our student fitness trainers—we can't wait to see you there!

