

# FREE FITNESS SESSIONS FOR MUMS

An opportunity to keep fit and connect to other mums in the neighbourhood.



**ACTIVE  
PARRAMATTA**

# Mums N' Bubs

**Date:** Every Wednesday morning

**Time:** 9.30am - 10.30am

**Location:** Jubilee Park,  
Parramatta NSW 2150

*(Meeting by Exercise Equipment)*

**ALL FITNESS LEVELS WELCOME.**



Places are limited. To sign up contact the Healthy Lifestyles team by email on [recreation@cityofparramatta.nsw.gov.au](mailto:recreation@cityofparramatta.nsw.gov.au) or by calling (02) 9806 5478.

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