

## Mum's Club @ Coolum

The Mum's Club is a great place to improve your stroke, general fitness and overall well being. This squad is great fun and most mums hang around afterwards for a coffee and chat!

For those Mums who have young children we have a free child care service available for your first child while you participate in the squad.

Cost:

\$12 per casual session (includes 1 child in child minding)

Or you can purchase a Health & Fitness Combo Pass >>> [click for more details](#)

Session Times:

Monday, Wednesday & Friday 9:30 - 10:30am

Coach:

Julie Robinson