

EMPOWERED *mama*

Everything you need to find your strength, self
and sanity once again.

Lagree Fitness

All levels welcome
HIGH intensity
LOW impact
Strength
Tone
Endurance

Goodies,
discounts &
online
community

2 weekly classes

Small intimate
group & bub-
friendly

YOGA

All levels welcome
Meditation
Breathing
Flow
Mindfulness

Bi-weekly
support and
empowerment
e-mails

3 specialist
chats,
welcome circle
and end of
term
celebration



For mamas, from
mamas...



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**11 week movement and magic empowerment
program for the super mum in YOU**

	Tuesday	Wednesday	Thursday
Weeks 1 + 11	11 - 12 PRACTICE / PARTY		11 - 12 PRACTICE / PARTY
Weeks 2 - 10	11 - 12 YOGA / LAGREE		11 - 12 YOGA / LAGREE
Weeks 4, 7, 10			7:30-8:30 pm MAMA MENTOR SESSION
Week 12 - BONUS	11 - 12 YOGA / LAGREE Make-Up		11 - 12 YOGA / LAGREE Make-Up

Max 5 in each
group.
Personalised &
tailored
practices.

Weekly
themes and
motivation
through online
community.

Specialist mama
mentors.
Pelvic health, sleep,
nutritionist &
kinesiology / chiro

Week 12 -
makeup week
for missed
classes over
term

Mid-term &
end of term
check-ins

Strictly limited to 10 mamas per term.

2023 TERMS

23-Jan - 06-Apr || 24-Apr - 18-Jul || 25-Sept - 8-Dec

INVESTMENT

\$569 full term || \$57 weekly*

*payment processing fees apply

CONTACT

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