

# WOMEN'S

## Wellness Day

9 AUG 2023  
9:30 - 12:30

**R 350**

CrossFit Cyprium  
83 Bram Fischer Drive  
Randburg

WOMEN'S HEALTH  
•  
EXERCISE AND NUTRITION  
•  
FUNCTIONAL FITNESS AND PILATES  
•  
TRAINING AROUND YOUR CYCLE  
•  
FEMALE PHYSIOLOGY EDUCATION  
•  
PRE- AND POST-NATAL SPECIFICS  
•  
GOODIE BAG INCLUDED

## Early Bird Special

Sign up before 21 July to get 10% off &  
extra goodies!

Scan the QR code to get your ticket NOW!



For more information,  
contact Katy on 076 447 1567

