

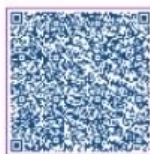
Lithgow Physie

Aspire Challenge Achieve

Lithgow Physie is proudly affiliated with Edith Parsons School of Physical Culture and is a unique sport combining dance and pilates style movements choreographed to modern music. We are an inclusive dance sport, for girls and women of all ages and abilities. Generations of Australian women from different backgrounds and of all abilities, love being a 'Physie girl'. Through childhood (from age 3), study, having children and grandchildren, through their busy jobs and busy lives, girls and ladies of all ages love the friendships, fun and fitness Physie brings. There is a saying among our Physie family "Once a Physie girl, always a Physie girl". Join us and find out why.



Follow the link below
or scan the QR Code
to complete an
expression of
interest form today!
<https://forms.gle/QUEVQa28LnAAPcsSA>



Contact us to find out about our affordable classes -NO EXPERIENCE REQUIRED!!!

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