

Lithgow Physie

Aspire Challenge Achieve



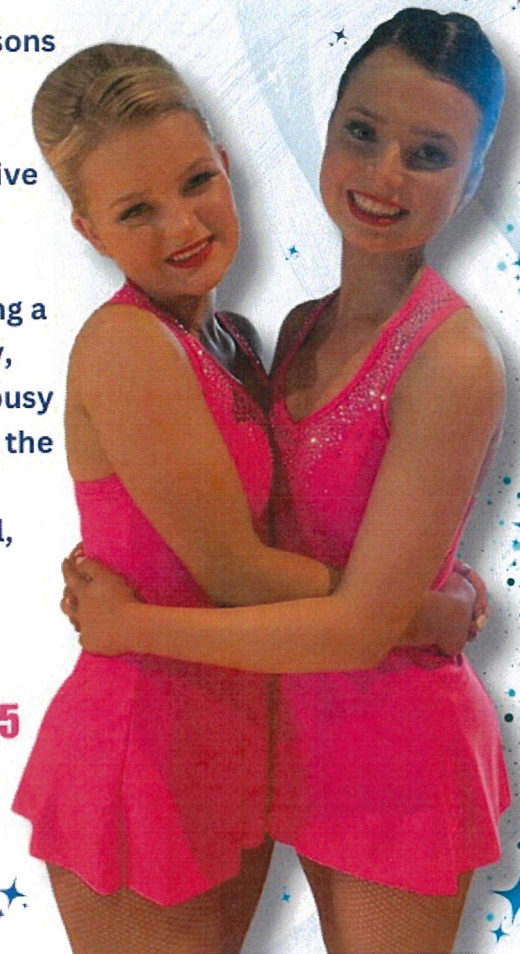
Lithgow Physie is proudly affiliated with Edith Parsons School of Physical Culture and is a unique sport combining dance and pilates style movements choreographed to modern music. We are an inclusive dance sport, for girls and women of all ages and abilities. Generations of Australian women from different 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 and fun that Physie brings. There is a saying among our Physie family "Once a Physie girl, always a Physie girl". Join us and find out why.



**Classes resume
Monday 10th February 2025
at the Lithgow Workies**

Contact us for details today-**NO EXPERIENCE REQUIRED!!!**

Melinda 0417288143 / Sarah 0401913047



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Classes resume Monday 10th February at the Lithgow Workies

Classes	Times	Teacher
EP Petites	4:00-4:30	Briana
5-8 years	4:20-5:05	Sarah & Briana
9-12 years	5:05-5:50	Sarah & Melinda
13-16 years	5:50-6:40	Melinda & Sarah
Ladies	6:40-7:30	Sarah & Olivia
Seniors (17yrs+)	7:30-8:30	Melinda & Sarah



EPphysie

EPpetites

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