

# Metamorph

HEALTH & FITNESS

REVOLUTIONARIES OF TRANSFORMATION

*It's your time to transform*

ENTERTAINING GROUP FITNESS CLASSES



*Tuesday* **7PM**

MUDGEERABA MEMORIAL HALL

*Thursday* **6:45PM**

MUDGEERABA MEMORIAL HALL

EXPRESS  
CLASS



*Thursday* **7:15PM**

MUDGEERABA MEMORIAL HALL

LOCATIONS IN  
MUDGEERABA

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