



PILATES YOGA BARRE MINDFULNESS

50 Gadd St, Northcote, 3070

justbelievefit.com.au

At *Just Believe Fit* we draw upon a range of disciplines to offer holistic fitness programs that are welcoming of all levels and abilities.

Improve your strength, flexibility, endurance, core stability and general wellbeing to simply feel good and live well.

- ✓ Small classes with individual attention
- ✓ Friendly, relaxed environment with no pressure or judgement
- ✓ Early morning express & weekend timetable

It's easy to take the first step with our 2 for 1 deal

Two classes or two people for the price of one

Download the Just Believe Fit app,

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Call Marisa on 040291618