



# SYDNEY CITY PHYSIE



Physical culture is a synchronised, team-based sport that is social, **fun** and an excellent, low impact dance and aerobic **activity**.

It incorporates a variety of dance styles and teaches the girls to blossom with **confidence** providing an opportunity to build **friendships** and a feeling of belonging.

Empowering  
Girls  
for  
Life

## Contact us:

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## Classes held at:

St Paul's Anglican Church Hall  
Church St, Canterbury, NSW

Tues & Thurs from 4:30pm - 7:30pm

