

Ipswich Healthy 4 Life

Activities for Mums and Bubs



Activity	Day	Time	Where	Cost	Contact
Mum's Fitness & Boxing	Monday	9.30am	Camira / Springfield Community Centre, 389 Old Logan Rd, Springfield	\$5.00 (+ \$3 for childcare if needed)	Camira / Springfield Community Centre Ph (07) 3818 0921 (after 1pm) csccommunitycentre@hotmail.com
Mums & Bubs Walking Group	Wednesday	9.30am		Gold Coin Donation	
Mum & Bub Fitness Group	Tuesday	9.00 am	Queens Park Kiosk	Free/Donation	Katherine Ipswich Hospital Foundation Ph 0407 002 843 katherine@ihfoundation.org.au
Mum & Bub Aqua Fit	Thursday	9.30 am	Leichhardt Pool	\$5.00	
Playgroup Fun Playtime Group	Tuesday	9.30 am – 11.00 am	Camira / Springfield Community Centre, 389 Old Logan Rd, Springfield	\$8.00	Robyn Ph 0402 437 146
	Thursday				