



Capital
Region
Community
Services

Women's Fitness Group for Muslim Women

Find Your Community



Are you a Muslim woman who would like a safe, friendly space to move, stretch and feel good?

We are planning a free fitness program for Muslim women at the Belconnen Community Centre. This program will be women-only, private, and run in a way that respects your faith, culture and needs.

You do not need to have done exercise before.
You do not need to speak perfect English.
You will be welcome.

This group is for Muslim women who want to:

- Be more active in a safe and private space
- Make new friends and feel connected
- Do something healthy and fun
- Feel comfortable and respected.

When: Thursdays, 3–4pm

Location: Belconnen Community Centre,
Swanson Court, Belconnen

Cost: Free

Would you like to join?

Please contact us to book your spot and find out more information, or scan the QR code to complete the booking form.

Call: (02) 6264 0200

Email: contact@crs.com.au

*Scan to download
the booking form.*



Supported by the ACT Health and Community Services Directorate



Capital
Region
Community
Services



ACT
Government