

VIC Workout Club

is proud to announce its exciting and
innovative

EARLY BIRD WORKOUT!



Join the ***EARLY BIRD WORKOUT*** session
in the VIC Gym on F09, Monday's at 7.30am!

Set yourself up for the week with our qualified trainer Irina in
a one-hour fitness session combining cardio and stretching
exercises to energize your whole body!

More information from Club President, Deborah Poore
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