

**ONLINE & INTERACTIVE  
GROUP EXERCISE  
FROM HOME**

# Shine & Nurture Mums

## An exercise & wellbeing program for mothers with Beverly Carter

**6 weeks | Starts Tues 17th July 10.30am**  
**Book online at [itstimetoshine.com.au](http://itstimetoshine.com.au)**

Are you looking for a way to exercise that will nurture and support your body after having a baby?

Join Beverly Carter, former TV Gladiator and personal trainer with over 25 years experience, for a 6 week program, covering every aspect of wellbeing, exercise, self-love, strengthening, personal development and community.

So much more than an 'exercise class' this interactive online program includes coaching and accountability - it is sustainable and can bring a rhythm of true exercise into your daily life, one that continues to support a deepening relationship with the body.



**live online - recorded options - free email support**  
**exercise - coaching - community**

Weekly tailored exercise classes | Weekly Coaching and Check in | Email Support  
For more information email Beverly Carter - [bev@itstimetoshine.com.au](mailto:bev@itstimetoshine.com.au)

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