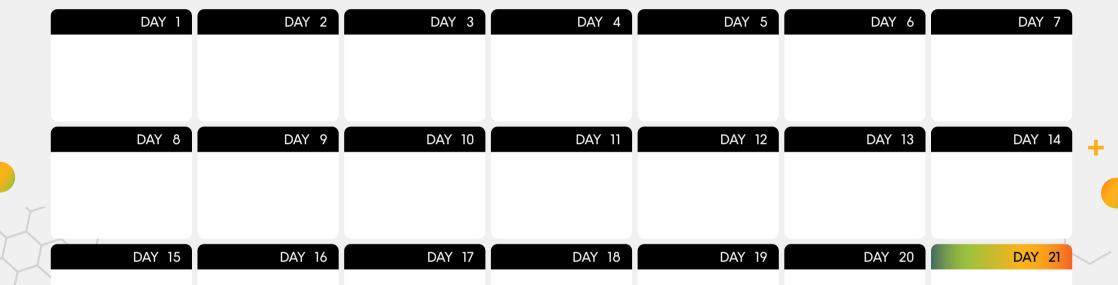
MURDOCH MILLION MOVES TRACKER

NAME EMAIL STARTING DATE



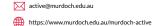
Lets reach 1 million moves, together! 75 squats, 75 lunges, 750m walk, or any other 75 moves



















Drop-In Sessions

Walking Sessions

Join us at Murdoch Active reception for group walking sessions across Bush Court to get your moves in!

- 7 7:45am & 4 4:45pm, Mon Fri
- 0
- Murdoch Active, Building 415

Circuit Sessions

Meet at Murdoch Active for group circuit sessions across Bush Court and in our group fitness room - we will set up 6 exercises so you can drop-in and complete your 75 moves.

- 8 9am & 5 6pm, Mon Fri
- (0)
- Murdoch Active, Building 415







