



Shine Bright

@The Lights

Promote Healthy Habits

Fun Energetic Programs

Positive Environments

Shine Bright at the Lights focuses on providing enhanced health, fitness, and wellbeing opportunities by creating a positive environment for those living with disabilities.

Example session include:

- Get up and Groove
- Movers & Shakers
- Mental Muscle
- Party Time
- Strength & Flex

Programs are designed to meet specific needs of the groups.



For all bookings visit our website thelights.com.au or phone us on 8405 6670