

EXERCISE CLASSES FOR SENIORS



Staying active is so important as you age. Our gentle exercise classes, held each week aim to keep you moving.

Join others for a fun morning of stretching and bending, all at your own pace. Classes run for around 45 minutes.

When: Monday at 9:30 - 10:15am
Wednesday at 9:30 - 10:15am

Cost: \$5 per class

Where: Homes for the Aged Hall
in MacIntyre St on Mondays
Cooinda Hall on Wednesdays

Call 6722 5888 to book your spot



Supported by the Australian Government Department of Health.