

Is age getting the better of you?



Fight back and *EXERCISE!!*

Exercise helps build bone density, tones up muscles, increases energy levels and reduces stress

People who exercise, live longer, happier and healthier lives. They also look younger and feel better.

You are never too old to start!!

To help you get going we have designed an exercise class



These classes will help to improve your posture, muscle strength and flexibility and increase your general fitness. They are also fun and are set to music you will enjoy!



Only \$20 per class

**1 hour sessions run Tuesdays at 11.45am
or Thursdays at 12.30pm.**

***Get a group of 4 or more friends together & we will try & arrange a class time to suit**



424 Broadway, Miramar. Bookings are essential. Phone 388 7129