

EXERCISE FOR OVER 50s

ARE YOU OVER 50 AND LOOKING FOR FUN WAYS TO STAY FIT AND ACTIVE?



Canterbury City Community Centre in partnership with HighLow Fitness Riverwood are offering a fun exercise class especially designed for over 50s with professional instructors in a friendly and motivational atmosphere. The first session is FREE with onsite free parking available. All fitness levels welcome!

When

Tuesdays from 8th June 2021
Thursdays from 3rd June 2021
10:45 am to 11:30 am

Where

Morris lemma Indoor Sports Centre
150 Belmore Road North
Riverwood NSW 2210

Cost: \$10 per class with Morning Tea included

Partnership: In partnership with HighLow Fitness Riverwood

Funded by Vitality Club Staying Active Program



Enquires call **Alison** on **9750 9344** or **HighLow Fitness** on **9584 2773**

