

# Older But Stronger

Gym circuit classes run by fitness instructors for people over 60.

Suitable for those not accustomed to exercising or with:

- difficulty walking or balancing
- using a walking aid
- arthritis
- osteoporosis
- back or neck pain
- joint replacement
- shortness of breath.

## CONTACT THE GYM DIRECTLY FOR DETAILS

LILYDALE 2:00pm Friday, \$7 per session

9735 1155 Lilydale Squash and Fitness Centre, 446 Maroondah Hwy

KILSYTH 9:00am and 10:00am Tuesday and Wednesday, 10.45am Thursday

9761 5077 \$7 per session

Spartans Gym, 255 Colchester Rd, Kilsyth

UPWEY 11:00am Monday - Thursday, 11.00am Friday - 'Zumba Gold'

9754 2181 \$7 per session

Pinnacle Health Club, 82 Main Street, Upwey

MONBULK 'Move to Improve', \$7.00 per session, 'Water Based' \$10.50

9756 6227 9:30am Tuesday & Thursday, 'Aqua Movers'

Monbulk Aquatic Centre, 26 Baynes Park Rd

A doctor's clearance is recommended.

A physiotherapy assessment may be required prior to commencement.

