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Staying Steady

For positive and healthy ageing

This exercise class runs for about 10 weeks and can help improve your strength, balance and general fitness.

Date: Fridays during school terms

Time: 10:00 - 11:00am

Location: Yarra Ranges U3A
Lilydale Court House
61 Castella Street

Cost: \$10 payable once for an exercise physiology assessment and \$40 annual U3A fee (covers all Yarra Ranges U3A courses for the year).

An exercise physiology assessment at Inspiro's Lilydale clinic is required to determine if this group is suitable for you. Call Inspiro to book an assessment on 9738 8801.

For more information call Inspiro on 9738 8801.

U3A YARRA RANGES
UNIVERSITY OF THE THIRD AGE

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