

# FIT FOR LIFE EXERCISE CLASS

Classes are especially designed for over-55's, individualised and run by physiotherapists. Private health rebates may apply. The classes are very informative- providing tools for a better future.

Start with easy beginner classes, progress to intermediate level all at your own pace, then challenge yourself to join the advanced class.

Classes incorporate gentle upper and lower bodywork, core strength, flexibility, balance and coordination exercises- a perfect way to gently introduce your body to a regular exercise routine.



**“Whether you want to work on a specific weakness, lose weight, gain strength or improve general fitness.”**

**Class Time:**

Tuesday 10am – 11am

Class cost is \$23 per session. Private health rebates may apply.

Speak to your physiotherapist or our reception staff if you have any questions you would like answered.

