



Seniors Keep Fit Exercise Class

Southern Community Centre, 27 Rupert Drive Mulgrave

Weekly commencing Tuesday, 1st August 2023

(1:00pm to 2:00pm)

Cost: \$3 per session, on entry

Exercises targeting seniors, 55 years and above, aimed at

Maintaining & Improving

Flexibility, Bone Density
Muscle Strength, Cardio Fitness,
&
Mindfulness

Fitness Instructor: Cathy Schoemaker, Results in Motion

Bring your Yoga mat, come and meet and make friends, or bring your friends

Let's get fit and stay fit together!!

For more information, please email us at Wrag.Inc@gmail.com