

# EXERCISE CLASSES FOR SENIORS



Staying active is so important as you age. Our gentle exercise classes, held at the Homes for the Aged hall in MacIntyre St, aim to keep you moving.

Join others for a fun morning of stretching and bending, all at your own pace. Classes run for around 45 minutes.

**When: Monday at 9:30am**

**Cost: \$3 per class**

**Where: Homes for the Aged Hall  
in MacIntyre St**

**Call 6722 5888 to book your spot**



Supported by the Australian Government Department of Health.