



Seniors Exercise Classes

Gentle exercise classes aimed to keep you moving.



Come along for a morning of stretching and movement, all at your own pace. All equipment is provided.



Monday 9:30am - 10:15am MacIntyre St,
Homes for the Aged Hall

Wednesday 9:30am - 10:15am
Cooinda Hall



\$7 per class

*Costs vary if you are receiving Support at Home.

Enquiries: 6722 5888



Supported by the
Australian Government
Department of Health,
Disability & Ageing