



STRENGTH EXERCISE GROUP TRAINING FOR MEN & WOMEN

Led by Qualified Personal Trainers specialised in older adults

Sessions are:

- Ideal for post rehab clients
- Designed to cater for a variety of ages and fitness levels
- Fun and social interaction is encouraged
- Refreshments after classes.
- Suitable for all fitness levels and ages 50 to 95+

Cost: \$13:00 per one-hour session

**Cheaper rates apply for members
(Membership costs only \$35 p.a)**

Where: Evergreen Centre, 45 Talbot Avenue, Balwyn

Monday 9.15: Zumba Gold
 10.30: Exercise to Music
 11.45: Balance/ Strength

Tuesday 9.30: Men only Strength Class
 10.45: Rehab Strength Class
 12.00: Falls Prevention Class
 1.45: Strength Class

Wednesday 10.15: Strength Class

Thursday 9:30: Men only Strength Class
 11.00: Gentle exercise/Strength

Friday
 10.00: Tai-Chi for Balance
 11:00: Gentle Exercise/Strength

Transport

If required in most cases we can arrange transport in one of the Centres vans

Please contact: Leonie Legge or Brenda Dennis on 9836 9681

www.balwynevergreen.org.au