

B Active Live stronger, Live longer

Thank you all for taking the time to fill out our Get Fit and Well survey—from your feedback we are happy to now offer you a selection of activities to keep both your body and mind active.



AQUA AEROBICS

\$10 Transport \$12 Class

Mon/Tues/Wed/Fri 9.15am—10am
commencing Tues 8th Oct

IRT Peakhurst

Enjoy some gentle exercises in the beautiful heated pool at IRT and hop in the spa to relax at the end.

STAY ACTIVE—GENTLE EXERCISE

\$10 Transport \$3 class

Fridays 11am to 12pm
commencing 4th October to 20th December

Riverwood Community Centre

This is an opportunity to focus on balancing exercises for falls prevention, building core strength.

Includes dance and meditation to add some fun.

Tea and coffee will be provided.



Claim back on your
Private Health Insurance

This 1 hour class is low impact exercise which starts with a cardio warm-up and then works on upper & lower body strength and balance. No floor work as chairs are used—and you work at your own pace

\$10 Transports \$8.00 per class—FIRST CLASS IS FREE!

Jannali Community Hall, Mary St, Jannali

11.00am—12.00pm

Commencing Mondays 14th Oct & Thursdays 17th Oct

YE-HA ... LINE DANCING CLASSES

\$10 Transport \$10 class

Tuesdays commencing 1st October 1pm to 4pm

Order of the Eastern Star Hall, 113 Victoria Ave, Mortdale

Beginners classes—no partner necessary, everyone welcome



Remember to keep hydrated, eat well and exercise regularly



CALL RAZIA OR SHANNON FOR MORE INFORMATION 95853000

STEADY STABLE AND ABLE

\$10 Transport \$8 per Class

Mon & Wed 11.30am-12.30pm
commencing 16th October
School Term

Oatley Uniting Church Hall, Oatley

Exercise and have some fun with a cardio-vascular warm up, strengthening and balancing exercises, finishing with stretching.



CHAIR YOGA

\$10 Transport \$10 per Class

School Term Thursday 1.20pm—2.30pm
commencing 16th Oct to 5th December

Mortdale Community Centre

This class is ideal for people who find it difficult to stand up for an entire class. Exercise from your chair and feel the benefits of stretching and toning.



TAI CHI

\$10 Transport \$5 per Class

Wed 12.15pm—1.15pm commencing 14th Oct
School Term

Uniting Church Hall Morts Rd, Mortdale



Penshurst Book Chat—last Thursday of the month until November—10.00 am to 11.00 am

Kogarah Book Club—first Thursday of the month until December—11.00 am to 12pm

Oatley Book Club—second Wednesday of the month until December—10.30 am to 11.30 am

\$10.00 Transport—FREE Session

Book Club

Tech Club—Using iPads

Georges River Libraries hold Tech Clubs

\$10.00 Transport FREE Session

Call if you're interested and we will let you know the session days and times

