

# SENIOR FITNESS

**Tuesdays 1:30 pm – 2:30 pm \$6 per session**

Senior Fitness classes are jam packed with fun and energy and are designed to increase your strength, balance and stamina with a never ending smile :)

There's plenty of great music to keep your body moving with a constantly changing program that means you'll never be bored!

Classes are designed for people of all fitness levels and you'll be working out with some of the most supportive and warm hearted people.

If you're ready to begin your health and happiness journey, we'd love to have you join us for one of the classes - it's a great opportunity to meet new people.

Spaces are limited - please call **Yuki on 0424 724 914** for a friendly chat and to secure your booking or visit **[www.yukihealthandhappiness.com](http://www.yukihealthandhappiness.com)** to learn more.



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