

Get
fit for
LIFE

- Gentle exercises
- Low impact.....
- Suits all ages & fitness levels
- Wheelchair exercises
- Get fit
- Have fun.....
- Meet new friends....
- \$5.50 per class
- Concession for 'up front' payment

PENINSULA
COMMUNITY
CENTRE INC.

Phone: 4341 9333

Exercise Classes for Seniors

Gentle, low impact exercises for all ages and level of fitness by a qualified instructor.



MONDAYS
9.30-10.30 a.m.

Peninsula
Community Centre
Cnr. McMasters &
Ocean Beach
Roads, Woy Woy



Reg'd Charity No. CC19624