

EXERCISE class with zoe

Are you over 55? Would like to improve and/or maintain your fitness and meet new people? Then come along to this Tuesday morning low-intensity exercise class run by accredited exercise physiologist Zoe.



Class runs for 45 minutes. No equipment needed - just a water bottle. We recommend you wear clothes & shoes that are comfortable to exercise in.

PLACE: Minnawarra House, 24 Numulgi St, Armadale

TIME: 9:15 AM every Tuesday

COST: \$10/session (first session is free)