

ACTIVE AGEING

EXERCISE CLASSES



Active ageing has a multitude of benefits for your overall health and wellness. Discover what active ageing can do for you!

Exercise classes utilise physical movement to promote circulation and increase muscle strength through the use of resistance bands and equipment.

SIGN UP AT RECEPTION TO JOIN THE EXERCISE CLASS

VENUE: 1st floor Recreation Room

TIME: 11am

DAY: FRIDAY 25 JUNE



HECTOR, NAIDOO & ASSOCIATES

REGISTERED PHYSIOTHERAPISTS