

GOLDSTER★

STIMULATE MIND, BODY & SOUL

JOIN GOLDSTER SA

A lifestyle and wellness phenomenon that has taken the UK by storm!

Now launching in South Africa! Proudly brought to you by Olga Hafner.

Step into the future of healthy ageing. Join the Goldster community for fun and interactive ways to keep physically and mentally active! Enjoy live, online classes all day, every day. Join from anywhere.

*Sign up today
and enjoy*

Presentaion by Olga Hafner
Date: Thursday, 16 March
Time: 3pm
Venue: BIG TV Area
RSVP to reception

WHAT IS GOLDSTER?

Goldster offers non-pharmacological interventions to help people age more healthily. Hosted by internationally renowned expert tutors on healthy ageing, Goldster offers over 300 monthly online classes. Users can enjoy fun and interactive fitness, wellbeing and purpose driven activities in the privacy and comfort of their own homes and at their own pace.

FOR MORE INFO ON HOW TO SIGN UP CONTACT OLGA HAFNER
olga@tasteofclass.co.za | 082 572 9890

Keep moving and grooving to your own beat whether that's Rock, Reggae or Rachmaninov.