

PRIME TIME

Physical activity for the over 50's

Come and join us for a friendly, gentle paced introduction to physical activity especially tailored to the over 50s.

- What:** Gentle exercise to improve strength, fitness and flexibility
- Where:** Banyule NETS Stadium
2 Somers Avenue, Macleod
Melway Ref. Map 20 B8
(near Macleod Railway Station)
- When:** Every Tuesday & Thursday morning
- Time:** 10.00-11.00 am
- Cost:** \$5.00 per session, including refreshments following the session
- Contact:** Paul at Ivanhoe Aquatic & Fitness Centre on 9490 7111 for further information



Participants should wear comfortable clothing and shoes and bring own water bottle and towel.



Supported by the Victorian Government

Banyule NETS Stadium 2 Somers Avenue, Macleod