

SENIORCISE

Keep fit & make new friends

Join a small social exercise class designed to meet the needs of eligible seniors:

- Fun
- Comfortable dress
- Aerobic
- Energy boosting
- Welcoming

You need a My Aged Care referral (1800 200 422) for Engadine Community Services [Social Support Group] & to complete a pre-screening form.



Tuesdays
11.30 - 12.30

Thursdays
11.30-12.30 | 12.30-1.30

Our instructor, Kaz, has Certificates III & IV in Fitness (including older clients) & 15 years experience



This activity receives funding from the Australian Government through the Commonwealth Home Support Programme (CHSP)