

GENTLE GYM CLASS

Join a small class in the Holt Fitness Gym for a range of low-impact aerobic and resistance exercises using light weights and equipment.



IMPROVE YOUR:

- Strength
- Posture
- Coordination
- Balance
- Flexibility

Fridays

10.30 – 11.30AM
\$15 per session

Contact ECS to register
9520 7022



This activity receives funding from the Australian Government through the Commonwealth Home Support Program