

# Seniors Fitness Class

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**Tuesdays**

**1.30pm – 2.30pm**

**Low to Moderate Intensity Exercise for Seniors  
Qualified Instructor**



**Exercise helps to:**

- Maintain bone density
- Reduce blood pressure
- Control diabetes
- Prevent heart disease
- Lower cholesterol
- Reduce depression

**Cost \$5.00 per class**

**Pre-assessment may be required at a cost of \$15.00**

**Please dress comfortably  
& wear supportive footwear**

**Wandana Community Centre**

Phone **8261 8124** or email: [wandanacc@centacare.org.au](mailto:wandanacc@centacare.org.au)