

Exercise Schedule

Day/Time	Class	Location
Monday 9:30am	Aerobic and strength group exercise	Apsley RSL Hall
Monday 2pm	Aerobic and strength group exercise	Elsie Bennett Community Centre
Tuesday 8:30am	Men only exercise group	Elsie Bennett Community Centre
Tuesday 10:30am	Falls Prevention Exercise Program	Meet at EBCC
Tuesday 4pm	Pilates	Elsie Bennett Community Centre
Tuesday 5pm	Zumba	Elsie Bennett Community Centre
Thursday 8:45pm	Aerobic and strength group exercise	Elsie Bennett Community Centre
Thursday 10:30am	Pilates	Harrow Bush Nursing Centre
Thursday 11am	Aerobic and strength group exercise	Harrow Bush Nursing Centre
Thursday 3:15pm	Tai Chi (followed by meditation 4pm)	Elsie Bennett Community Centre
Friday 7:00am	Pilates	Elsie Bennett Community Centre
Friday 8:30am	Men only exercise group	Elsie Bennett Community Centre
Friday 10am	Cardiovascular Health and Lifestyle program	Elsie Bennett Community Centre

Enquiries Community Health Nurse - Cath McDonald **5585 9845**
 Personal Trainer Fitness Instructor.
 All ages and fitness levels catered for. \$2 per session

