

ACTIVE OVER 50 – GREAT LAKES & MANNING REGION

Who are the classes for? Active Over 50 classes are designed specifically for people aged 50 and over, and will help you to improve your balance, muscle strength, cardiovascular fitness and flexibility, and stay fit, healthy and independent for life.

What to wear? For gentle exercise classes wear comfortable clothing that allows you to move, comfortable enclosed exercise shoes and bring a drink of water.

For more information about classes please call the listed contact or the Active Over 50 Free call number 1300 887 776.

ACTIVE OVER 50 CLASS TIMETABLE GREAT LAKES AND MANNING

Details current as at 1/12/2011. Please check with venue or class contact prior attending.

Class Intensity: L = Low, M = Medium, H = High

GENTLE EXERCISE	CONTACT	MON	TUES	WED	THU	FRI	SAT
FORSTER YMCA of Great Lakes Lake Street Intensity L to H	YMCA ☎ 6591 7199	7.00 am	7.00 am 8.00 am 8.30 am 10.00 am	7.00 am 8.00 am 10.30 am	7.00 am 8.00 am 8.30 am 10.00 am	7.00 am 8.00 am	
TAREE Manning Aquatics and Leisure Centre Old Pacific Highway Intensity L to H	Aquatics Centre ☎ 6550 0500	8.30 am High		8.30 am Strength			
AQUA EXERCISE	CONTACT	MON	TUES	WED	THU	FRI	SAT
FORSTER YMCA of Great Lakes Lake Street Intensity L to H	YMCA ☎ 6591 7199	8.00 am	8.00 am	8.00 am	8.00 am	8.00 am	8.00 am
TAREE Manning Aquatics and Leisure Centre Old Pacific Highway Intensity L to H	Aquatics Centre ☎ 6550 0500	8.00 am 9.30 am 5.30 pm	9.30am 5.30 pm	8.00 am 9.30 am 5.30 pm	9.30 am	8.00 am 9.30am 5.30 pm	9.30 am