



# Fitter for Life

## Improve your mobility, strength, and coordination as you exercise with friends

Fitter for Life Gymnastics is a fun fundamental movement program for over 50's. It is a great social opportunity that aims to help you improve your mobility, strength, and coordination. All of the activities in our classes can be catered to you and your needs, making it suitable for any age or level of ability.

In Fitter for Life, you can engage in activities that suit your needs. Working on aspects of your life such as balance, coordination, and general wellness, we ensure you get the support you need to live the life you want.

With a focus on everyday activities, Fitter for Life can build your strength and boost your confidence.

You can:

- Become more physically active
- Meet new people in a local and social environment
- Return to physical activity in a safe, supported way
- Improve your mobility in other sports and daily activities, including:
  - Walking up and down stairs
  - Hanging out washing
  - Bending down or reaching up
  - Playing with grandchildren

\$7 per class

View our timetable below:

|                  |                        |
|------------------|------------------------|
| <b>Monday</b>    | 9.00-10.00am MGI       |
| <b>Tuesday</b>   | -                      |
| <b>Wednesday</b> | 1.30-2.30pm Eaglemount |
| <b>Thursday</b>  | 9.00-10.00am MGI       |
| <b>Friday</b>    | 9.00-10.00am Breezes   |
| <b>Saturday</b>  | -                      |