

Exercise for Older Adults 55+ —LEAP Program



Gentle exercise for older adults

A 45 minute class of gentle to moderate exercise incorporating light hand weights for strength training and balance. Stretching and relaxation to finish. A fun and sociable class suitable for all levels of fitness.

Day: Friday

Time: 9.30am – 10.30am

Location: Whittlesea Community Activity Centre
57 Laurel Street, Whittlesea

Cost: \$5



Participants must complete a LEAP membership form prior to commencing classes and obtain a medical clearance from their GP.

*For more information and to obtain a copy of the LEAP membership form please contact the Positive Ageing Team on **9407 5913** or email **LEAP@whittlesea.vic.gov.au***

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 Free Telephone Interpreter Service

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