

Ageing Well Together

Exercise for older adults

For ages
50 and
over

The City of Whittlesea's Positive Ageing Team invites all seniors to get active with weekly exercise classes.

Enjoy a fun and sociable environment with exercise classes to improve your health, strength, balance and fitness.

When: Classes are held weekly on Mondays, Tuesdays, Thursdays and Fridays.

Where:

- Monday, 9.30am at Nick Ascenzo Community Centre, Thomastown.
- Tuesday, 9.30am at Mernda Village Community Activity Centre, Mernda.
- Thursday, 9.30am at Nick Ascenzo Community Centre, Thomastown.
- Friday, 9.30am at Whittlesea Community Activity Centre, Whittlesea.

Cost: \$5 per class

Classes are led by qualified and experienced instructors.

COVID safe rules will apply.

Participants must complete a LEAP membership form prior to commencing classes.

For more information about this and other programs please contact the Positive Ageing Team on **9407 5940** or email **LEAP@whittlesea.vic.gov.au**



Free telephone interpreter service



131 450