

# FUNctional Fitness Group

## Focus on keeping flexible & fit in a fun way

Movement to Music for older people is facilitated by Gillian, an experienced and qualified fitness trainer. Experience 45 minutes of aerobics and fun at your own pace in a relaxed, friendly atmosphere with other over 60+ community members!

### WHEN

Tuesdays 9:30am to 10:30am.

### WHERE

Falconbridge Community Hall, 9-9A Home St, Falconbridge NSW.

### COST

\$10 per class.

### BOOKINGS

Just turn up and remember to bring your bottle of water and wear comfortable shoes and clothing.



## SPRINGWOOD NEIGHBOURHOOD CENTRE

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Centre Co-operative Ltd