

# SPRING INTO SHAPE!

## Easy Online Exercise for over 50's

Are you over 50 and looking for fun ways to stay fit and active?



HighLow Fitness Riverwood online classes offer:

- Fantastic trainers with dedicated and professional service
- Easy to use online platform
- The convenience of gentle exercise classes in the comfort of your lounge room with no equipment required.

### When

Tuesdays from 7<sup>th</sup> September and  
Thursdays from 9<sup>th</sup> September  
9:00 am to 9:45 am

### Where

Online in Your Home

**Partnership:** In partnership with HighLow Fitness Riverwood

**Cost:** 2 sessions for \$10:00



Funded by Vitality Club Staying Active Program

**Enquires** call **Alison** on **9750 9344** or **HighLow Fitness** on **9584 2773**

