



EXERCISE CLASSES

FIRST CLASS FREE!

Mondays at St Martins Church, 50 Lincoln Road

6-6:30PM Low Impact Class

- Gentle, low impact, mat based.
- Perfect for beginners or getting back into exercise

6:30-7:15pm Strength and Stretch

- All abilities, fun and physical.
- Perfect for building strength and flexibility
- Classes \$5.00 or \$45.00 for the term (No booking required)
- Plenty of parking at gym entrance at the back of the church
 - Bring a drink bottle and towel

Tuesdays at Village health, 30 Lincoln Road

10:30-11am Falls Prevention

- Gentle, chair based, balance focused.
- Perfect for building confidence and strength.
 - Lead by our Physiotherapy team.
 - \$10.00 per class. Book in at reception.



TuneUp Physio team