

**JOIN  
US FOR  
FREE!**

# ZOOM SENIORS EXERCISE CLASSES



## SENIORS FESTIVAL WEEK 1

**Monday 3rd March** Chair Cardio @10.15am

**Wednesday 5th March** Pilates @8.30am

**Friday 7th March** Building Strength @10.00am

## SENIORS FESTIVAL WEEK 2

**Monday 10th March** Better Balance @1.30pm

**Tuesday 11th March** Chair Strength @10.30am

**Wednesday 12th March** Cardio Walking @10.30am



**REGISTER NOW FOR FREE!**  
**<https://bit.ly/SeniorsFestRego>**

**[www.thirdagefitness.com.au](http://www.thirdagefitness.com.au)**  
**Enquiries: Carol 0411 246 741**