

It's finally here...



Men's 50+ Fitness Class!

Calling on all men over 50 years of age committed to having a healthy and active lifestyle.

Starts February 14th 2017!

Where: Unanderra Community Centre (mainhall).

When: Every Tuesday morning.

Time: 8am-9am.

Cost: \$7.00 (cash payment per class).

This class is suited for men interested in improving or maintaining;

- **Muscular strength and endurance**
- **Cardiovascular and respiratory health**
- **Flexibility, balance, co-ordination, range of movement (ROM) / everyday living activities (EDLA) and posture.**
- **Doctor has recommended you start low to moderate physical activity.**

A typical session will involve:

Warm up (10 min)

Walking/jogging, ROM, EDLA

Conditioning Phase (40 min)

Cardio (15-20 minutes) and

Weight bearing activities (15-20 minutes) using own body weight, weights(dumbbells and barbells), resistant bands, balls etc.

Cool down (10 min)

Balance, flexibility (stretch) .

A great way to meet new faces in the local community and maintain a fitness routine.

All levels of fitness welcome!

To register your interest please see Sandra or Vikki at the Unanderra Community Centre or phone 42712213. Then to get started (collect form) –a pre-questionnaire and health form is required to be filled out prior to your first session.