

Healthy Lifestyles

Town of Kwinana

Senior Sational

PROGRAM FOR
ACTIVE OVER 50's

\$4
per session

Active Women's Program

\$5
per session
inc crèche*

7 FEB	Team sports meet & greet
14 FEB	Zumba master class
21 FEB	Raft building at Fairbridge \$20pp
28 FEB	Core Balance class
6 MAR	Aqua Fit class
13 MAR	Archery & Flying Fox at Fairbridge \$15pp
20 MAR	Circuit strength & endurance training
27 MAR	Beach walk & swim
3 APR	Baldivis tour including wineries & nut farms \$7pp

7 FEB 10:30am	Team sports
14 FEB 10:30am	Aqua Fit class
21 FEB 9:30am	Raft building at Fairbridge \$20pp
28 FEB 10:30am	Gym session
6 MAR 10:30am	Body Attack class
13 MAR 9:30am	Archery & flying fox – Fairbridge \$15pp
20 MAR 10:30am	Fitball session
27 MAR 10:30am	Zumba class
3 APR 10:30am	Pool games

Senior Sational: Tuesdays at Kwinana Recquatic starting at 9.30am. Wear comfortable clothing & shoes, and bring water and a hat (excursion days only). **Active Women's:** Tuesdays at Kwinana Recquatic from 10:30am, except for excursion days which begin at 9:30am (creche not available on these days). For more information, contact Tammy on 9236 4700.

*Conditions apply