



Fit After Fifty

2011

Where:

The Gap Uniting Church

1050 Waterworks Rd

The Gap

Phone:

3300 2712

An exercise class
designed for those
over 50.

Low Impact and suitable
for all fitness levels

Both men & women
are welcome

Only \$5.00 per class

Just come along with a
drink bottle and wear
loose clothing

Timetable For 2010

Tuesday 8:00am

6:30pm

Wednesday 8:00am

Thursday 8:00am

6:30pm

