



Active For Life

'Make a Move to a Healthier Lifestyle'

Fun physical activity classes designed for adults over 50, who want to be active to increase their fitness and wellbeing.

Every class is suitable for all abilities and levels of experience. Excellent for increasing fitness, strength, balance & flexibility in a fun, relaxed and supportive atmosphere. Everyone welcome

FIRST CLASS FREE!

Monday	9.00am	Light Circuit class
Tuesday	9.00am	Light Circuit class
Wednesday	9.30am	Low impact activity
Wednesday	6.00pm	Light Circuit class
Thursday	9.00am	Light Circuit class

Class fees from \$5.00 per class

For more information or to register please contact:

Debbie or Cathie Phone 6860751

E-mail debbie@sportcanterbury.org.nz

www.sportcanterbury.org.nz