

# CANTERBURY LETS GET MOVING



## SENIOR EXERCISE

### STRENGTH & MOBILITY

Improving overall strength and incorporating functional movements to increase mobility and improve joint range of motion

6:15, 7:15, 9:00am Mon, Wed, Fri  
5:30, 6:30pm Mon, Wed  
5:30pm Fri, 7:00am Sat  
@ Active and Ageless

### FLEXIBILITY & MOBILITY

Focusing on easing muscle stiffness, improving balance, and overall core strength

9:00am Tue, Thu  
10:10am Fri  
5:30pm Tue, 6:30pm Thu  
@ Active and Ageless



### STRENGTH & BALANCE

Low impact class with light cardio and strength training to increase strength, balance and mobility

8:00am Mon & Thu  
@Birrong Leisure & Aquatic Centre  
7:30am Tue & Thu, 8:30am Tue, 9:00 am Mon  
@Max Parker Leisure & Aquatic Centre

### ACTIVE HEARTS CAMPSIE

Gentle exercise class for people aged over 50, suitable for beginners

2:30pm Thu  
@ Campsie Library & Knowledge Centre



### FOLK DANCING

Learn folk dances from all around the world from a professional teacher

10:00am Mon  
@ Earlwood Senior Citizens Centre

