

CONCORD LETS GET MOVING



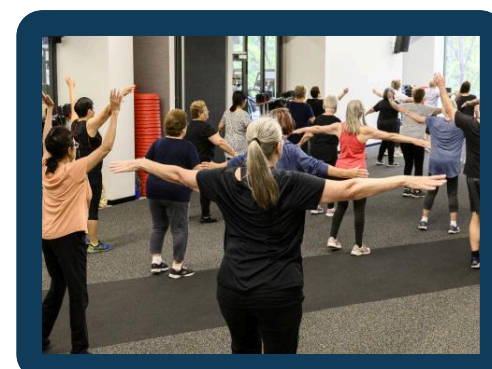
SENIOR EXERCISE



FIT FOR LIFE MOVES

A low to moderate intensity program designed for the over 50, or for people who are living with stable health conditions

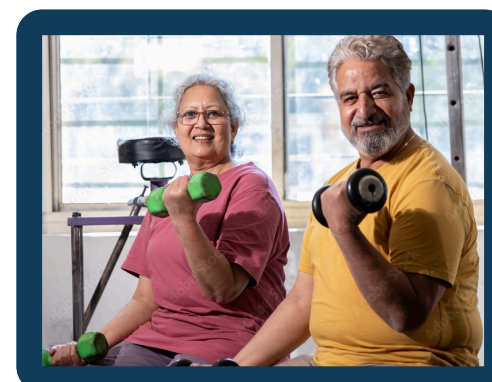
10:30am Mon, Wed
11:30am Tue, Thu
@ Concord Oval
Recreation Centre



FIT FOR LIFE STRENGTH

For the over 50 and uses machine and free weights to help improve overall strength and functionality

11:30am Mon
10:30am Fri
@ Concord Oval
Recreation Centre



TAI CHI

Discover how to create a new positive energy and improve balance, range of movement and concentration

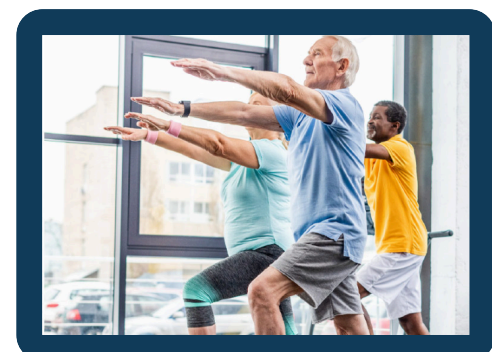
10:30am Tue
(during school terms)
@ Concord Seniors
Centre



LIVING LONGER LIVING STRONGER

A progressive strength and balance program designed to improve strength, balance and mobility

3:00pm Wed
(during school terms)
@ Mission Australia
Concord



MOVEMENT MATTERS

The focus of the class is functional strength, balance and back care

9:00am Wed
(during school terms)
@ Club Five Dock RSL

