

BANKSTOWN LETS GET MOVING

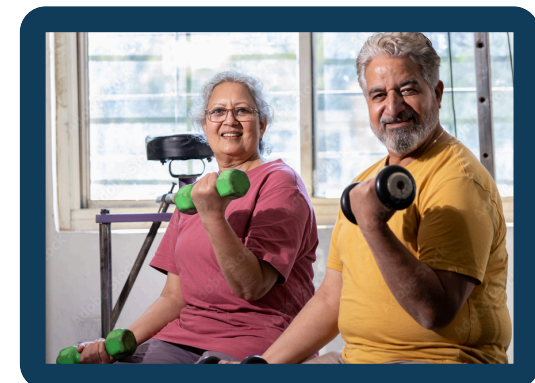


SENIOR EXERCISE

TONE UP

Full-body muscle toning class with dumbbells, resistance bands, and bodyweight exercises

8:00am Fri
@ Health Mates
Fitness Centre



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



SHAPE

A low impact class with barbells and plates, suitable for all fitness levels

9:00am Fri
@ Birrong Leisure & Aquatic Centre



ACTIVE HEARTS CAMPSIE

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

2:30pm Thu
@ Campsie Library & Knowledge Centre



WALKING BASKETBALL

A modified version of basketball with volunteer coaches who assist with all abilities and skill levels

10:30am Tue
@ Bankstown
Basketball Stadium

