

# THE HILLS SHIRE LETS GET MOVING



## SENIORS EXERCISE



### STRONG BONES

Non-impact circuit  
style class to  
increase strength &  
bone mineral density

11:00 & 11:30am  
Thurs  
@ Castle Hill Fitness  
& Aquatic Centre



### SUPER SENIORS



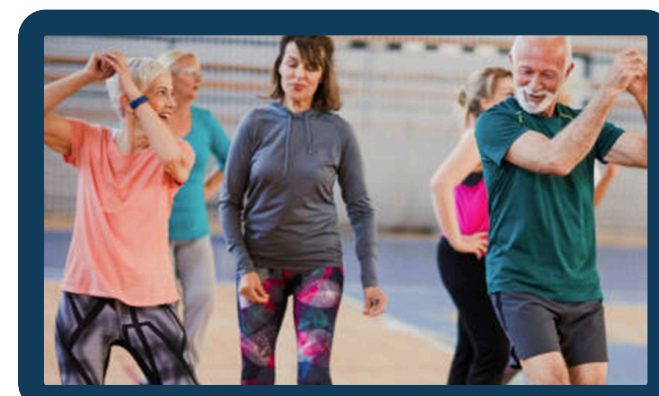
12:30pm Mon & Tue,  
11:00am Wed,  
11:30am Fri  
@ Castle Hill Fitness  
& Aquatic Centre

Simple, effective low  
impact workout to  
improve everyday  
function and fitness

### FITX SENIORS

Circuit style format  
workout to increase  
strength, posture and  
balance

1:30pm Wed,  
12:30pm Thurs  
@ Castle Hill Fitness  
& Aquatic Centre



### ACTIVE SENIOR REFORMER PILATES



10:00am Mon,  
10:30am Wed  
@ Waves Fitness &  
Aquatic Centre

Classes focused on  
strength, flexibility,  
and alignments

### MOVE FOR LIFE

Group fitness classes  
to get active,  
increase strength,  
flexibility and balance

11:30am Fri  
@ Waves Fitness &  
Aquatic Centre





# Locations

## Castle Hill Fitness & Aquatic Centre

**Address:** 77 Castle St,  
Castle Hill

**Phone:** (02) 9846 1200

**Email:**  
chfac@chrg.com.au



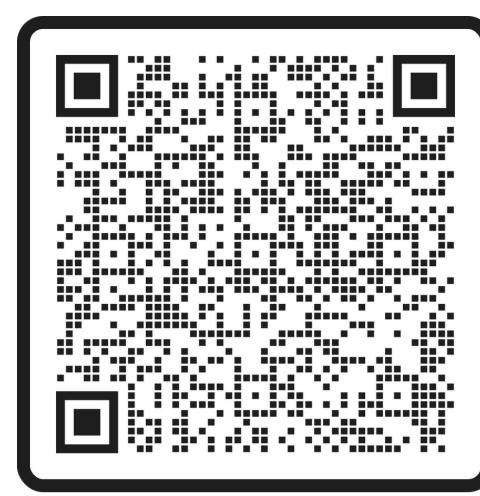
SCAN ME

## Waves Fitness & Aquatic Centre

**Address:** 44 Mileham  
Ave, Baulkham Hills,

**Phone:** (02) 8848 6789

**Email:**  
waves@thehills.nsw.gov.au



SCAN ME

# Pricing

## Castle Hill Fitness & Aquatic Centre

### Casual Rates:

- \$20 per visit (RSL member) or \$25 per visit (RSL Non-member)
- CHF 10 Visit Pack: \$175 valid for 1 year (\$17.50 per visit)

### Membership Options\*:

- Silver (age 55-69) - \$40 per fortnight + Joining Fee \$49.50
- Bronze (age 70 +) - \$550 upfront (valid for one year) OR \$22 per fortnight + Joining Fee \$49.50

\*Join with two or more people at the same time and joining fee can be waived

## Waves Fitness & Aquatic Centre

### All Areas Membership Prices for Aged Pensioner:

- \$43 per fortnight (ongoing) OR \$1,118 (12 months)

### Fitness Multi Visit Passes (Concession):

- casual visit - \$21.50
- 10 Class Pass - \$195
- 20 Class Pass - \$380