

# CUMBERLAND LETS GET MOVING

## SENIORS EXERCISE



### SENIORS CIRCUIT

Low impact exercise  
focused on fun and  
fitness for any  
experience level

10:30am  
Mon-Wed-Fri  
@ Granville



### PILATES



10am Thu & 11am  
Mon, @ ETS

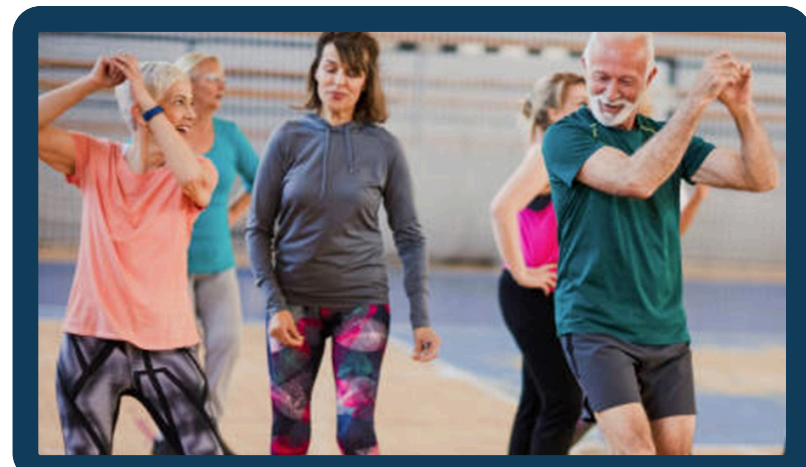
6pm Thu  
@ Granville

Great for balance,  
posture, and  
strength. Tailored  
for every individual

### ZUMBA GOLD

Fun social classes,  
working out to  
upbeat Latin-inspired  
music

10am Wed  
@ ETS



### STRETCH & MOBILITY



10am Tue  
@ ETS

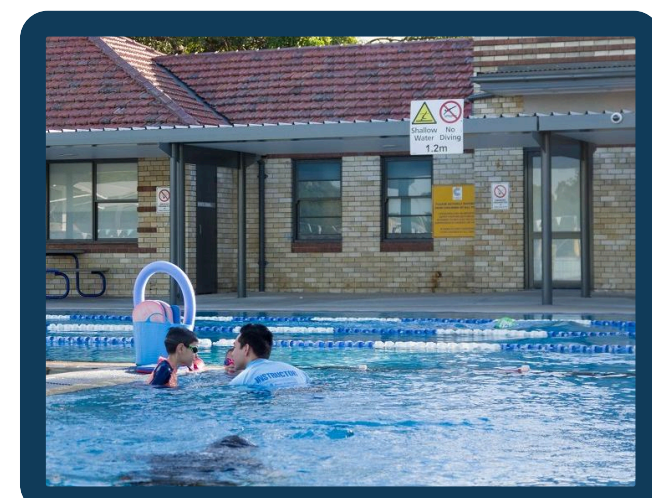
Classes focused on  
improving flexibility  
and range of  
motion for Seniors

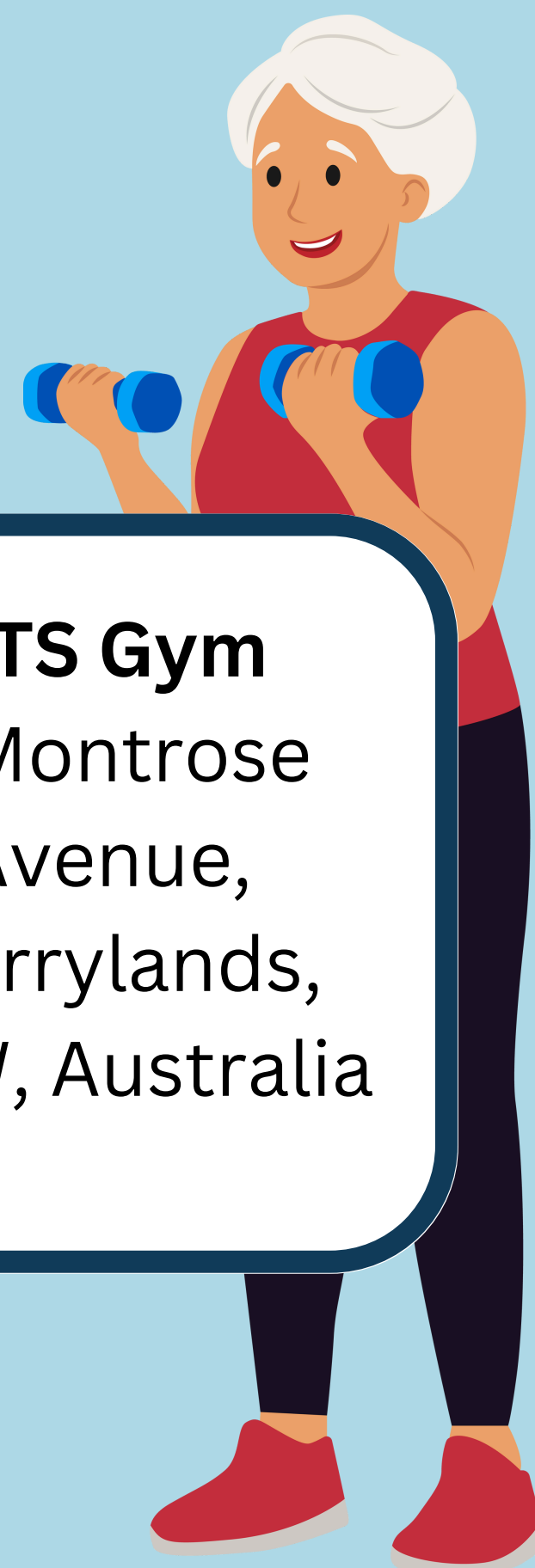
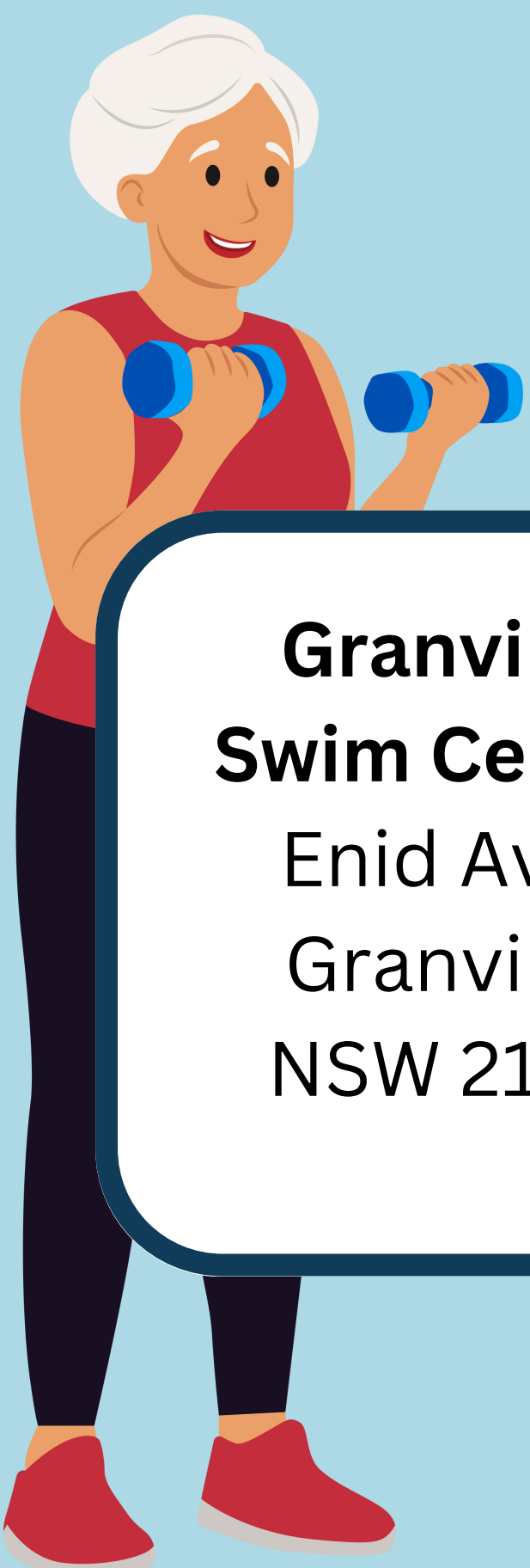
### AQUA CLASSES

Low impact pool  
based exercise for  
fitness and bone  
health

9:30am Mon-Wed-Fri  
& Tue 6pm  
@ Granville

11am Mon-Wed &  
8:30am Sat  
@ Wentworthville





# Locations

## Granville Swim Centre

Enid Ave,  
Granville  
NSW 2142

## Wentworthville Memorial Swim Centre

115 Dunmore  
Street,  
Wentworthville

## ETS Gym

2 Montrose  
Avenue,  
Merrylands,  
NSW, Australia

# Pricing

- Gym for Seniors: \$15 class/ 10 visit pass \$135
- Aqua for Seniors: \$12 class/ 10 visit pass \$100
- Membership starting from \$28.50 a fortnight
- Pool Entry for Seniors: \$5.90

**FREE** pool entry on Tuesdays & Thursdays  
for Pensioners & Senior card holders  
residing in Cumberland



Enquire about  
membership &  
pricing

## Contact Us

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