



FIT AFTER 50

Looking for mature age appropriate exercise sessions in The Gap?

These one hour group fitness sessions are open to everyone over 50 years of age. No sign on fees - just **\$7 a session** and come as often as you want. Our instructors are experienced and qualified and many of our attendees are in their sixties & seventies.

Numbers are limited. Call the church office on 3300 2712 between 9am and 12noon to find out more.

Sessions are held at The Gap Uniting Church, 1050 Waterworks Road (beside the High School).

Evening Sessions:

Monday and Thursday from 5.30pm to 6.30pm

Morning Sessions:

Tuesday, Wednesday* and Thursday from 8am to 9am

**Wednesday - from 8.30 am to 9.30 am, from June to August*