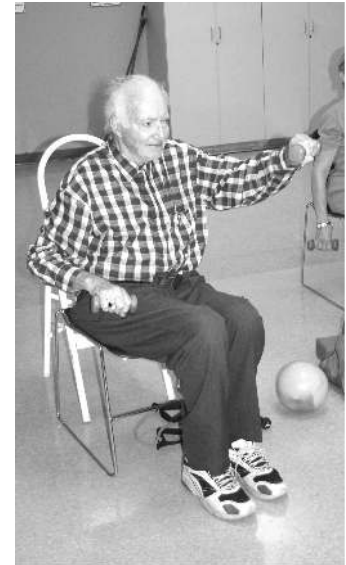


# SIT AND BE FIT CHAIR FITNESS



Have you heard you should be exercising, but aren't sure where to begin? Are you coping with an ongoing health problem or disability or perhaps afraid you might fall? The Sit and Be Fit class can help you maintain your health and independence throughout your life, it will give you more energy, stronger muscles, better balance and flexibility and a happy and alert mind. It doesn't matter how old you are, everyone can reap the benefits of exercise. During the Sit and Be Fit class, our qualified instructors will guide you through a workout that is geared to your fitness level and everyone is encouraged to go at their own pace.

Come and try it out. You won't be disappointed!

Sept 20 to Nov 24



Tuesday & Thursday Mornings  
9:15 - 10:15 am

Sit and be Fit - \$61 for 10 weeks  
(Reg# 1589)

Discount 60+ years - \$55 for 10 weeks  
(Reg# 1588)

Participants who would like to come and take a class to see whether it is suitable for them, are most welcome to come and try a free class.