

Strength for life 50+



If you are aged over 50 this is a great way to build & strengthen those muscles, improve everyday movement while meeting people in a welcoming and supportive environment.

'Strength for Life' is a strength and balance program using weights, stretch bands, fit ball with stretching at the end of class located in your local area for an affordable price.

Each exercise program is tailored to your capabilities and monitored by a 'Strength for life' trainer.

A full assessment is required before starting the program

(assessment cost \$30). Please contact our trainers to book an assessment.

Classes are held at the Marchant Community Centre,
338 Gorge Road Athelstone.

Monday 9am – 10am (Zandi Bellamy-Smith, 0433 968 381)

Friday 9am – 10am & 10am – 11am (Frank Sloan, 0423 493 807)

Class tickets:

Tickets are available to purchase from Campbelltown City Council,
172 Montacute Road, Rostrevor

5 Sessions	\$35
10 Sessions	\$60
20 Sessions	\$100

You're welcome to pop in for a chat and see what our classes involve.

For More Information:

Contact Jenny Brady at Campbelltown City Council on 8366 9303.



STRENGTH
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