

Northern Sydney
Local Health District



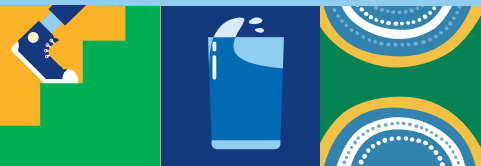
Healthy Lifestyle

Get fit. Feel great.
Have fun.

Group exercise classes
for older adults in
Northern Sydney



nshealthpromotion.com.au





Classes

Classes run for 10 weeks during school terms and are held in community venues in the Hornsby, Ku-ring-gai, Ryde, Northern Beaches and Lower North Shore areas.

We offer:

- Gentle exercise
- Strength and balance exercise
- Aqua exercise
- Tai Chi
- Yoga

Our exercise leaders are qualified fitness professionals with experience working with older adults.

Fees and Enrolment

A fee is charged for all classes to cover costs. Enrolment is on a term basis.

Visit our website for class information and enrolment. Some classes require a medical clearance.



nshealthpromotion.com.au



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