

SCHOOL HOLIDAYS SIT n BE FIT



Stay dry with stress free group exercise using a chair.

For healthy aging regular exercise helps to improve

- Mood
- Posture
- Balance
- Wellbeing

Coastlands Aquatic Centre, Meeting Room

Friday 10th & 17th April

1pm - 1.30pm



\$8.50 per 30 minute session

No booking required

Enjoy a free spa with each session!

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