



Exercise Programs FOR SENIORS & RETIREES

FREE come and try sessions: 6 – 10 February.
Term 1 (8 weeks) starting from 13 – 17 February.

HEART AND MOVE IT PROGRAM

Mondays OR Wednesdays in Ryde (once or twice a week).

LIFT FOR LIFE PROGRAM

Mondays and Wednesdays in Meadowbank OR
Tuesdays and Thursdays in Marsfield (twice a week).

AQUATIC EXERCISE PROGRAM

Fridays at Ryde Aquatic Leisure Centre (once a week).

BOOKINGS OR FURTHER INFO:

www.ryde.nsw.gov.au/seniorexercise

Call 9952 8222 or email activercreation@ryde.nsw.gov.au

Active In Ryde programs brought to you by the City of Ryde.