

SFC SENIORS *fit* CLUB

KINGSTON
ACTIVE



SFC is a diverse program that is designed for the older adult. The program focuses on elements that will improve mobility, balance, strength and cardiovascular fitness in a safe and sociable environment.

Benefits of SFC

- ✓ Reduces impact of illness
- ✓ Improves sleep
- ✓ Helps maintain independence
- ✓ Reduces risk of heart disease and stroke
- ✓ Falls prevention

CALL US TODAY FOR PROGRAM DETAILS

KINGSTONACTIVE.COM.AU

WAVES LEISURE CENTRE t 9559 7111
111 Chesterville Rd Highett

DON TATNELL LEISURE CENTRE t 9587 1016
Warren Rd & Brisbane Tce Mordialloc



KINGSTON
ACTIVE



plus 55 GYM

QUALIFIED
instructors
AVAILABLE TO
ASSIST AT EVERY
SESSION

STAY ACTIVE IN OUR PLUS 55 GYM PROGRAM

FEEL ENERGISED IN OUR OVER 55'S GYM SESSIONS WITH
PERSONALISED PROGRAMS FOR EVERYONE.

Our cardio, strength and balance programs are created especially for you, with exercises to improve your lifestyle.

Flexible session times available Monday to Friday.

Waves Leisure Centre 1.00pm - 3.00pm

Don Tatnell Leisure Centre 11.00am - 1.00pm

An initial consultation is required prior to commencement.

For more information, visit our Leisure Centre's Customer Service desks or call **9559 7111** (Waves) or **9587 1016** (Don Tatnell).