

Cardiovascular Group

Increase fitness

Improve Strength and Endurance

Tuesdays 10am

Cost \$2:00



Going Strong

Falls prevention, promoting active living

Wednesdays 11:00am

Strength & Balance

Wednesdays 1pm

(Chair-Based exercises)

Cost \$5:00



Walking Group

Will help keep you physically active and a great opportunity for socialising

Fridays 9am

Cost \$2:00



Just Move

Increase coordination, balance, flexibility and muscle strength

Fridays 11am

Cost \$5.00



EXERCISE and FUN at CASTERTON MEMORIAL HOSPITAL

Enquiries, phone 5554 2555 or email: mail.cmh@cmh.org.au