

Young at Heart SENIORS PROGRAM

Feel Better, Move Better, Live Better!

At Health Mates Fitness Centre, we believe it's never too late to start living your best life. Our Young at Heart program is designed for those aged 60 and over, helps you stay active, healthy and most importantly independent. Whether you're new to exercise or looking to maintain your fitness, our supportive environment and tailored activities will help you move with confidence and enjoy a better quality of life.

- Gentle exercise and classes designed to improve strength, flexibility and balance.
- Expert guidance from our friendly qualified team.
- Social opportunities to connect with like-minded people



**ENJOY A FREE
3X VISIT PASS**

**EXPERIENCE EVERYTHING WE HAVE TO OFFER –
WITH NO OBLIGATIONS!**

Call us on 8707 6930 or visit Health Mates Fitness Centre to get started.

Young at Heart Conditions: Valid for first time users only. Must be 60 years or over and a member of Revesby Workers' Club.
Medical clearance may be required prior to commencing.