

Classes commence
October 19, so secure
your space today!



Better Ageing at home

REGISTRATIONS NOW
OPEN FOR TERM 4

Mobility Flow

Date: Mondays, 19 October - 7 December

Time: 10 - 10.30am

Location: Online via Zoom

Cardio Fit

Date: Mondays, 19 October - 7 December

Time: 11 - 11.30am

Location: Online via Zoom

Strength & Energy: Fitness for Men

Date: Mondays, 19 October - 23 November

Time: 12 - 12.30pm

Location: Online via Zoom

Dance Fit

Session 1: Tuesdays,
20 October – 10 November

Session 2: Tuesdays,
17 November – 8 December

Time: 10 – 10.30am

Location: Online via Zoom

Seniors Gentle Exercise

Date: Wednesdays, 21 October - 9 December

Time: 10 - 10.30am

Location: Online via Zoom

Holistic Fitness

Date: Thursdays, 22 October - 10 December

Time: 9am - 12pm

Location: Guided via phone and
instructional booklet

Registrations are essential.

To register please email

recreation@cityofparramatta.nsw.gov.au

or call **9806 5269**.

For more information on these programs visit:

cityofparramatta.nsw.gov.au/active-online



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