

# LONGEVITY SENIOR SERVICES 50+ CLUB

Head Office & Centre - The PIT

Unit 10 156 Hartley Rd, SMEATON GRANGE 2567

Www.ThePITMartialArts.com.au

P Professional I Instructional T Teachings

ACN: 29 159 195 767

P.O. Box 3003,

NARELLAN NSW 2567

Phone: 0414 47 8383

E-mail: pdsmartialarts@gmail.com



Printed: JAN 2023

## 50+ FITNESS SESSIONS

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p><b>We network with quality Physios &amp; other Allied Health Org.</b></p> <p><b>active &amp; HEALTHY</b></p>			<p><b>COTA</b> NEW SOUTH WALES For older Australians</p> 	<p>Other Programs offered @ The PIT &amp; Local area Check for Course Dates</p> <p>6 weeks Longevity Stability, Strength &amp; Safety Information Program</p>	<p>Facilitators for Stepping On &amp; Healthy &amp; Active for Life Program</p>
<p><b>9:00 - 10.30AM</b></p> <p>Time slot</p>	<p><b>9:30 - 10:20am</b></p> <p><u>CASUAL SOCIAL</u></p> <p>50+ GYM , FTINESS &amp; BALANCE SESSION Work at your own pace</p>	<p><b>9:30 - 10:30am</b></p> <p><u>FLEXICORE- YOGA</u></p> <p>Flexibility, supple functional fitness using fit balls, remedial bands - modifying as we go</p>	<p><b>9:15 - 10:15am</b></p> <p><u>PERSONAL PROGRAM SESSION</u></p> <p>*Personal Program done by Appointment Only.</p>	<p></p> <p>LIVING LONGER <b>Living Stronger</b></p>		<p><i>Cuppa Catchups</i></p> 
<p><b>10:30 - 11:30AM</b></p> <p>Time Slot</p>	<p><b>10:40 - 11:30am</b></p> <p><u>TAI CHI, SWORD</u></p> <p>QIGONG, MEDITATION</p>	<p><b>10:30 - 11:30am</b></p> <p><u>PERSONAL PROGRAM SESSION</u></p> <p>*Personal Program done by Appointment Only</p>	<p><b>10:30 - 11:30am</b></p> <p><u>50+ GROUP FITNESS</u></p> <p>GYM, BALANCE CARDIO &amp; LAUGHTER Whole Body Class</p>	<p></p> <p>FOR 55+ <b>CAFÉ CONNECT CAMDEN</b></p>	<p>CORPORATE OFF SITE PROGRAMS</p>	<p><b>2023</b></p> <p>Will see more classes added as needed</p> 
<p> <b>Staying Active</b></p>						<p></p> <p>Martial Arts Health &amp; Fitness</p>