



**For A Happy
Healthy Life**

VITALITY AND FITNESS

This class is a combination of standing and floor based exercise.

Vitality and fitness, is a program that encourages physical fitness, which provides strong bones and muscles, leads to better health and well-being and prevents health problems. It is designed to keep active people strong and enables individuals to live healthier lives with benefits such as increased self-confidence and decreased stress levels.

It is an active cardio, strength based program, with floor mat exercises and gentle stretching to complete the session.

This class aims to build cardio and strength, body awareness and stretching.

When: Friday 10am

Where: Lorne Community Connect

Cost: \$10.00

Bookings: Call 03 5289 4316

Enquiries: Email info@gorh.vic.gov.au

An assessment by a physio or exercise physiologist required before first class. To book in for your assessment or for more information, please call or email using the details above. Please bring your own water bottle to class.