



An exciting exercise programme for the over 60's



3 SESSIONS WEEKLY

Monday's 2.00pm (new class)

Wednesday's 9.00 am

Friday's 9.00 am

Now Free For Members!



The Leisure Centre
159 Brightside Road, Stanmore Bay ☎ (09) 424 1914 ☎ www.theleisurecentre.co.nz