

SENIORS' CLASSES IN THE SUBIACO COMMUNITY

THE CITY OF SUBIACO RUNS FOUR AGE-FRIENDLY CLASSES SPECIALLY DESIGNED FOR THE MORE MATURE PARTICIPANT.

CHAIR YOGA

Mondays at 10.30am and Wednesdays at 11.30am at Shenton Park Community Centre

Improves flexibility, mobility, strength, balance, coordination and general wellbeing. We use a chair for ease, safety and comfort while doing traditional yoga postures, whether sitting or standing.

**Please ensure you bring your own yoga mat.*

ZUMBA GOLD

Tuesdays at 10.30am at Shenton Park Community Centre, Thursdays at 9.30am at The Palms Community Centre

A modified Zumba class that recreates the original moves you love at a lower-intensity. The class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat and prepare to leave empowered and feeling strong.

GOLD FITNESS

Wednesdays at 10.15am at Shenton Park Community Centre

A mix of muscle conditioning exercises and stretching designed to improve coordination, stamina, balance and mobility. Enjoy the friendly, safe and nurturing environment of this specialised class.

**Please note: Tea and coffee will no longer be served following gold fitness.*

GOLD PILATES

Thursdays at 10.30am at The Palms Community Centre

A fun class that improves mobility, builds strength and develops balance. Exercises are performed sitting on a chair or standing with a chair for support. Informative, take-home tips to help you move more freely in your daily life.

Please note: Participants should wear comfortable clothing and supportive shoes (optional for Gold Pilates) and bring a drink bottle.



CLASSES COST \$5 PER SESSION AND ARE FIRST-COME-FIRST-SERVED. PLEASE UNDERSTAND THAT DUE TO STRICT CLASS SIZE LIMITS, SOME PARTICIPANTS MAY MISS OUT ON A SPOT.