

North Sydney Local Health District

# HEALTHY LIFESTYLE



Get Fit  
Feel Great  
Have Fun

Physical activity classes for  
older adults in Northern Sydney

[www.nshealthpromotion.com.au](http://www.nshealthpromotion.com.au)



HEALTHYEATING  
ACTIVE LIVING



## Classes

Classes run for 10 weeks during school terms and are held in community venues in the Hornsby, Ku-ring-gai, Ryde, Northern Beaches and Lower North Shore areas.

### We offer:

- Gentle exercise
- Strength and balance exercise
- Aqua exercise
- Tai Chi
- Yoga

Our exercise leaders are qualified fitness professionals with experience working with older adults.

## Fees and Enrolment

A fee is charged for all classes to cover costs. Enrolment is on a term basis.

Visit our website for class information and enrolment. Some classes require a medical clearance.



 [www.nshealthpromotion.com.au](http://www.nshealthpromotion.com.au)

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