

LONG LIVE YOU

for 60+

FREE Winter Program

Aug 5 - Sept 27

Sign up at your local centre.
Albany 6820 3400
Denmark 9848 0344
Mount Barker 9851 2122
Or email
longliveyou@albany.wa.gov.au



GYM SESSIONS

Never been to the gym before? We've got you covered! Our supervised gym times offer access to a fully qualified instructor to help you improve strength, stability and overall fitness.



BEGINNERS SENIORS AQUA

Jump in and enjoy our aqua classes offering low impact, low to moderate intensity exercise. They will help to improve your cardiovascular fitness, strength, stability and bone density.



HEART FOUNDATION WALK

Packed with health benefits, our easy pace walking groups are the perfect place to get moving and meet new people.



ZUMBA GOLD SENIORS

Zumba Gold is an engaging Latin-inspired dance class guaranteed to get you moving. It is a low intensity class and a great way to improve general fitness in a fun environment.



STRETCH AND BALANCE CLASSES

Yoga and Pilates use a gentle sequence of poses to improve both physical and mental wellness. Chair Yoga meets the needs of anyone with limited mobility.



CARPET BOWLS

This is an indoor bowls session with a relaxed pace and light physical demands. Come and join a team, have some fun and get the competition started.



FITBALL SENIORS

This is a specialised class using large balls to improve core strength, challenge yourself and watch your balance and posture improve.



TAOIST TAI CHI

Quiet your mind and reduce stress with this gentle movement class. Tai Chi consists of making slow, graceful movements to enhance body alignment and support pain management.



DANCING CLASSES

Dancing classes are a great way to improve overall fitness while using both the brain and the body. Latin Dancing In-Line is a fun class where you will learn steps from the Jive, Cha-Cha, Samba and Pasodoble.



LIVING LONGER, LIVING STRONGER

This is an evidence based progressive strength training and exercise program designed specifically for the over 50's.

SENIORS OPEN DAY

2 August 2019, 10am to 3pm
Albany Leisure and Aquatic Centre
Morning Tea provided

Come down and meet the team, discover the programs available, speak to instructors and enjoy a lovely morning tea!

