

**LONG LIVE YOU - MT BARKER  
THE REC CENTRE - PH 9851 2122**



The Long Live You program is a partnership initiative of the City of Albany, Shire of Denmark and Shire of Plantagenet offering a unique and innovative suite of programs, community education and organisational training designed to assist in creating more active healthier lifestyles for the Lower Great Southern 60+ Community.

**TUESDAY WEDNESDAY**

10 <sup>am</sup>	HEART FOUNDATION WALK	HEART FOUNDATION WALK
11 <sup>am</sup>	ZUMBA GOLD at Plantagenet Village Homes	FIT BALL at Mt Barker Rec Centre
1.30 <sup>pm</sup>		YOGA at Kendenup Hall

**LONG LIVE YOU - DENMARK RECREATION CENTRE - PH 9848 0344**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 <sup>am</sup>			LIVING LONGER LIVING STRONGER	LIVING LONGER LIVING STRONGER	
9 <sup>am</sup>	HEART FOUNDATION WALK	ZUMBA GOLD			
10.10 <sup>am</sup>	LIVING LONGER LIVING STRONGER	LIVING LONGER LIVING STRONGER	SUPERVISED GYM 10AM - 2PM	SUPERVISED GYM 10AM - 2PM	LIVING LONGER LIVING STRONGER
11 <sup>am</sup>			CARPET BOWLS		YOGA

**LONG LIVE YOU - ALAC, ALBANY - PH: 6820 3400**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 <sup>am</sup>	BEGINNER STRONG SENIORS	STRONG SENIORS	BEGINNER STRONG SENIORS	STRONG SENIORS	BEGINNER STRONG SENIORS
9 <sup>am</sup>	HEART FOUNDATION WALK		HEART FOUNDATION WALK		HEART FOUNDATION WALK
10 <sup>am</sup>	SUPERVISED GYM 10AM - 2PM	SUPERVISED GYM 10AM - 2PM	SUPERVISED GYM 10AM - 2PM	SUPERVISED GYM 10AM - 2PM	SUPERVISED GYM 10AM - 2PM
11.15 <sup>am</sup>	ZUMBA GOLD	YOGA	CARPET BOWLS Social morning tea beforehand	ZUMBA GOLD	YOGA
12.15 <sup>pm</sup>	FIT BALL	PILATES		CHAIR YOGA	LATIN DANCING INLINE
1.15 <sup>pm</sup>	TAOIST TAI CHI	AQUA		AQUA	BALLET