

# SENIORS MONTH

Eltham Leisure Centre supports senior's health and wellbeing through a range of classes and social activities that run all year long.

**This October, come and try a class for FREE!**



## OCTOBER SENIORS MONTH

MON	TUES	WED	THURS	FRI
1 <b>ACTIVE AQUA</b> 🌿 1.00pm	2 <b>GYM CIRCUIT</b> 1.30pm	3 <b>ACTIVE PUMP</b> 1.30pm	4 <b>ACTIVE MOVERS</b> 11.20am	5 <b>ACTIVE PUMP</b> 12.25pm
8 <b>ACTIVE MOVERS</b> 1.30pm	9 <b>GYM CIRCUIT</b> 1.30pm	10 <b>ACTIVE MOVERS</b> 10.15am	11 <b>ACTIVE AQUA</b> 🌿 1.00pm	12 <b>TONE</b> 11.20am
15 <b>ACTIVE AQUA</b> 🌿 1.00pm	16 <b>GYM CIRCUIT</b> 1.30pm	17 <b>ACTIVE PUMP</b> 1.30pm	18 <b>ACTIVE MOVERS</b> 11.20am	19 <b>ACTIVE PUMP</b> 12.25pm
22 <b>ACTIVE MOVERS</b> 10.15am	23 <b>GYM CIRCUIT</b> 1.30pm	24 <b>ACTIVE MOVERS</b> 10.15am	25 <b>ACTIVE AQUA</b> 🌿 1.00pm	26 <b>TONE</b> 11.20am
		31		

\* Classes are only free for non members

*Living Longer, Living Healthier –*  
Ben Carubia, Back in Motion  
Monday 29 October, 2.30pm

KEY DURATION INTENSITY CARDIO STRENGTH WELLBEING

**ACTIVE PUMP**   
Weight-based strength workout

**TONE**   
Cardio, core and resistance class

**ACTIVE AQUA** 🌿  
Slow tempo based  
resistance workout

**ACTIVE MOVERS**   
Low impact cardio class

**GYM CIRCUIT**   
Low impact strength workout

ELTHAM LEISURE  
CENTRE

40 Brougham Street, Eltham VIC 3095

9439 2266 [elthamleisurecentre.com.au](http://elthamleisurecentre.com.au)