



Active Ageing Armadale

Improve your strength and wellbeing by joining Active Ageing Armadale in the Library.

You will be exercising to the Geri-Fit® program which is a progressive workout and includes a range of exercises.

All equipment is provided. It is recommended that you wear light exercise clothing and bring water to drink during the workout. Participants are encouraged to attend as many of the sessions across 9 weeks as possible to receive the full benefit of the program.

Note: Participants are advised to consult their GP before commencing a new exercise program.


Sessions run **every Tuesday, 10 - 11am**
from **23 April to 18 June 2024**

Seville Grove Library

Bookings for these sessions open on **Tuesday 2 April 2024**.
These sessions are for people aged 60 years and older.

Places are limited and bookings are essential.
Visit library.armadale.wa.gov.au or call **9394 5800**.



 library.armadale.wa.gov.au
Armadale Library | (08) 9394 5125
Kelmscott Library | (08) 9394 5810
Seville Grove Library | (08) 9394 5800

