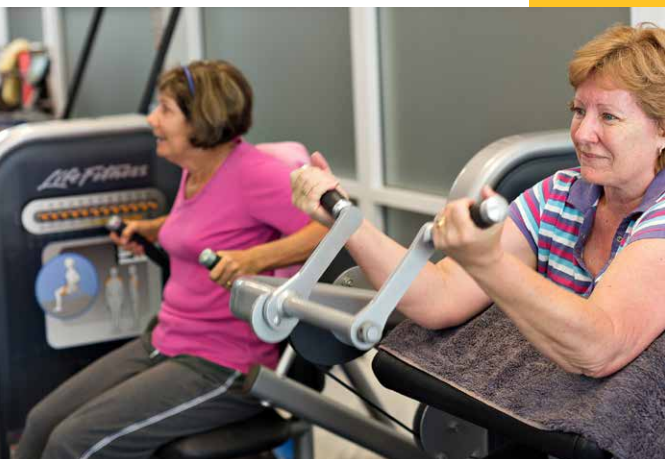


It's no secret that looking after our health becomes even more important as we get older. By improving your strength and balance, you reduce your risk of falls and injury later in life.

In partnership with Injury Matters, the City of Bayswater is offering free exercise classes to people 55 years and over as part of a six week Stay on Your Feet program. This is your chance to try-out a range of fitness classes on offer in the City of Bayswater, free of charge and without any ongoing commitment.



To register, contact The RISE

28 Eighth Avenue, Maylands

Weekdays 6am – 10pm

Weekends 8am – 6pm

Phone

9208 2400

Email

rise@bayswater.wa.gov.au

Website

bayswaterrecreation.com.au/rise



This brochure is available in alternative formats upon request.



Stay on your feet

Free exercise program for over 55s



Classes

Silver Sneakers

Features a range of low-impact exercises specially designed for seniors to increase functional strength flexibility, bone density and fitness.

Yoga for Seniors

Using a variety of methods, this class is a flowing style that incorporates familiar Yoga poses tailored specifically for over 55s, designed to help you safely improve your mobility, strength and balance.

Pilates

This class focuses on maintaining optimal alignment, joint stabilisation and creating a balanced muscular tone by consciously improving posture, flexibility and developing core strength. Modifications can be given to suit various fitness levels.

Health Assessments

Health assessments will be conducted at the start and at the end of the program. They will include checks of your blood pressure, pulse, oxygen saturation and blood glucose to measure your progress throughout the program.

Timetable

	Wednesday 10:30am–11:30am	Friday 10:30am–11:45am (includes a short presentation)
Week 1	Wednesday 23 October 2019 Introduction and Health Assessments	Friday 25 October 2019 Silver Sneakers
Week 2	Wednesday 30 October 2019 Yoga for Seniors	Friday 1 November 2019 Pilates
Week 3	Wednesday 6 November 2019 Silver Sneakers	Friday 8 November 2019 Yoga for Seniors
Week 4	Wednesday 13 November 2019 Pilates	Friday 15 November 2019 Silver Sneakers
Week 5	Wednesday 20 November 2019 Yoga for Seniors	Friday 22 November 2019 Pilates
Week 6	Wednesday 27 November 2019 Silver Sneakers	Friday 29 November 2019 Health Assessments and Wind up

