

SENIORS FESTIVAL MARCH 2026

***Come exercise
with us from your
lounge room!***

WEEK 1

Mon 2nd Active Beginners @10.30am

Wed 4th Building Strength @10.30am

Fri 6th Chair Strength @10.30am

WEEK 2

Mon 9th Active Beginners @10.30am

Tues 10th Chair Cardio @10.30am

Wed 11th Building Strength @10.30am



**JOIN
VIA
ZOOM**

SCAN PHONE



\$5 FESTIVAL PASS - UNLIMITED CLASSES!

<https://bit.ly/NSW26Festival>



www.thirdagefitness.com.au
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