

# Fitness

## for

# 50s +

 **TM**

**... Building a Stronger Community,  
One Person at a Time.**

# 9960 6166



# Who Else Wants More Energy, Zest and Vitality?

Physiotherapists and Exercise Physiologists are waiting to assist you with  
General Fitness and Health Programs.

<b>Arthritis</b>	<b>Diabetes</b>	<b>Osteoporosis</b>
<b>Blood Pressure</b>	<b>Heart Conditions</b>	<b>Weight Concerns</b>
<b>Chronic Pain</b>	<b>Rehabilitation</b>	<b>Joint Replacements</b>

plus much more...



**Personal Training and Small Groups are Available**  
**Beginners Welcome**

**\*Private Health Fund Rebates Available**

**TM**

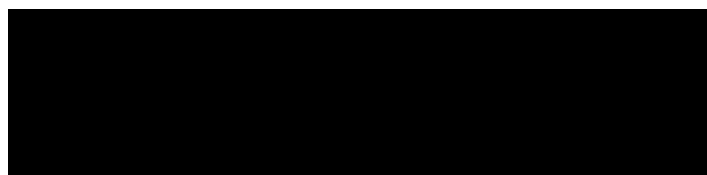
**Ph:**

**505 +**

**PHYSIO**

**GYM**

**REHAB**



**TM**

**Ph:**

