

Strength and Balance Classes 2019

An entry level, exercise program designed to help you strengthen your muscles and improve your balance.

Kaleen Community Hall

28 Georgina Cres, Kaleen

Balance 30

Mondays 9.30am to 10.00am

Strength & Balance

Mondays 10.30am to 11.30am

Weston Neighborhood Hall

6 Gritten Street, Weston

Balance 30

Tuesdays 9.30am– 10.00am

Strength and Balance

Tuesdays 10.30am—11.30 am

Lake Tuggeranong Sea Scouts Hall

Mortimer Lewis Drive, Greenway

Strength and Balance

Thursday 10.00am - 11.00am

To register:

Contact Arthritis ACT on info@arthritisact.org.au

or Phone 1800 011 041

Registrations are essential. Payment required at time of registration

