



**“We are not just about Sport, we also provide.....”**

- **Social Recreation & Weekly Outings! (Club50+ for Seniors)**
- Senior Fitness (for the younger age groups too) based around your own pace, fitness level, health & injury requirements, seated & standing options available.
- **There’s no mirrors! Lyra! Just wear casual clothing & comfy sports shoes & join in the fitness fun with old time music!**
- Low cost casual price \$5 or Save with a concession card \$40 with 9 paid (1x FREE)