

Strength for Life is a supervised strength training program exclusively for participants over 50 years of age. Train in a group environment with your own personalised program.

A typical class starts with a fun and simple group warm up. Next you spend approximately half an hour on your strength program. (Including both pin loaded machines and free weights.) We finish together with a cool down and a series of stretches.

The strength for life program will:

- Help you maintain your independence
- Make daily tasks easier
- Improve your flexibility, vitality and general wellbeing.
- Develop and maintain muscle mass, endurance and strength.
- Give you the opportunity to make new friends and have fun!

Anyone over the age of 50 years can join.

Our programs are suitable for all levels of ability, and are tailored to everyone's specific needs and limitations.

We offer a safe supportive environment within our private air conditioned studio.

You are welcome to come along and observe any of our sessions.

3 easy steps to get involved:

1. Phone or drop into the Blackwood Rec Centre to receive your Enrolment Pack.
2. Complete the forms in the Enrolment Pack and obtain your G.P clearance
3. Once you have your Doctors clearance you may book an assessment with one of our qualified instructors, where they will discuss your goals and personal strength program.

**PLEASE WEAR COMFORTABLE CLOTHING
AND SUPPORTIVE FOOTWEAR FOR YOUR
ASSESSMENT & CLASSES**

Session Times

Blackwood:

| | |
|-------|---|
| Mon | 8:00am – 9.00am 10:00am – 11.00am 11:00am – 12.00 noon |
| Tues | 10:00am – 11:00am 11.00am – 12:00 noon |
| Wed | 8:00am– 9.00am 9.00am – 10.00am 11:00 am – 12:00 noon |
| Thurs | 10:00am – 11:00am 11:00am – 12:00 noon |
| Fri | 8:00am– 9.00am 9:00am – 10:00am 10:00am – 11:00am 11:00am – 12:00 noon |

Please note: booking into classes is essential

Stay for a chat, and a complimentary coffee/tea and biscuits

Low Cost

10 visit pass \$70

One off \$30 fee for an assessment and personal exercise program.

HOT WEATHER

It is the policy of the Rec Centre to close on declared Catastrophic Fire Danger Days. Please be aware of the fire danger ratings during the summer. Call the centre if in doubt.

Centre Closure

The centre is closed on Public Holidays and over the Christmas & New Year period. Some classes may be available during the Christmas break.

Testimonials

Before Strength For Life, I couldn't lift an empty Casserole dish out of the cupboard. A year later I can lift four kilos with one hand, and my tendonitis pain is under control.

Dimity-over 50 yrs

I benefited a lot from the program. It loosened me up and gave me a positive outlook for the rest of the day.

Pam -70 yrs

The sessions have always been such a pleasant experience. They have helped me with my general mobility and well-being.

Heather - Over 50

Qualified Instructors

Fitness Co-ordinator

Debbie Clancey

Instructors

Debbie Clancey

Cheri Woonton

Yuki Honda

Nikki Sleep

Marinus Haccou

Amelia Mundy

Exercise Physiologist

Nikki Sleep

Location Details

BLACKWOOD

1 Northcote Road
EDEN HILLS SA 5050

The centre is adjacent to the
Blackwood High School
Behind Caltex Service Station

Bus stop: 30
Shepherds Hill Road.

Enquiries

Phone :- 8278 8833

Email :- contactus@blackwoodrec.com.au

Website :- www.blackwoodrec.com.au



STRENGTH
for life 50+



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June 2017