

HEALTH FUND REBATES

Many Private Health Funds now offer rebates for Gym Memberships. Check your eligibility and ask for a Tax Invoice if you are able to claim

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



FITNESS STUDIO OPENING HOURS

MON - FRI 6 AM - 9 PM*
SAT - SUN 8 AM - 5 PM*

*These times may vary occasionally in line with other activities within the centre



CONTACT US

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Blackwood Recreation
Centre



STRENGTH FOR LIFE

S4L 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 30-40 mins 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 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 AND CLASSES

SESSION TIMES

Monday	8:00am-9:00am 10:00am-11:00am 11:00am-12:00pm
Tuesday	9:00am-10:00am 10:00am-11:00am 11:00am-12:00pm
Wednesday	8:00am-9:00am 9:00am-10:00am 10:00am-11:00am 11:00am-12:00pm
Thursday	10:00am-11:00am 11:00am-12:00pm 5:00pm-6:00pm
Friday	8:00am-9:00am 9:00am-10:00am 10:00am-11:00am 11:00am-12:00pm
Saturday	10:00am-11:00am

LOW COST
10 visit pass \$100

\$45 - Assessment and Personal Exercise Program (once off)