## **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

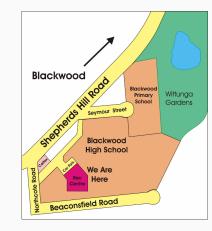
MON - FRI 6 AM - 9 PM\* SAT - SUN 8 AM - 5 PM\*

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



## **CONTACT US**

1 Northcote Road EDEN HILLS SA 5050 8278 8833 contactus@blackwoodrec.com.au www.blackwoodrec.com.au





Strength for Life

#### 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**

8:00am-9:00am	
10:00am-11:00am	
11:00am-12:00pm	
11.000in 12.00pm	
9:00am-10:00am	
10:00am-11:00am	
11:00am-12:00pm	
8:00am-9:00am	
9:00am-10:00am	
10:00am-11:00am	
11:00am-12:00pm	
10:00am-11:00am	
11:00am-12:00pm	
5:00pm-6:00pm	
8:00am-9:00am	
9:00am-10:00am	
10:00am-11:00am	
11:00am-12:00pm	
n.ooun-12.oopin	
10:00am-11:00am	
LOW COST	
10 visit pass \$100	

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