



# Revive Exercise

A program designed to improve the fitness and wellbeing of people 50+ with a disability.

- Core strengthening, balance and stability training with stretch and cool down
- Run by a qualified fitness instructor/personal trainer
- Cardio based workout.
- To build and maintain energy levels.
- Ensure a healthy, strong heart.
- A great opportunity to get out and about in the open air
- Socialize with other like-minded people while being active, and get connected to the diverse community group.

**Days:** Monday and Wednesdays

**Time:** 1:30pm to 2:30pm

**Location:** Walker Close Community Centre, 180 Millers Rd. Altona North,.  
(Map: 55 B1)

**Fees:** Monday \$2 and Wednesday \$3 per session

**Contact:** Walker Close Community Centre on 9318 0521

**Required:** Participants need referral from GP.  
Hospitals, health services etc.



**Walker Close Community Centre**  
Serving The Hobsons Bay Community