

# FITNESS AND RELAXATION

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## POWER WALKING

**Monday @ 9.00am and Thursday @ 9.00am**

DVD session. An energetic 'power walk' of three miles (on the spot) inside the hall. This activity can be performed at your own pace. Get Moving and set yourself up for the rest of the day. Note: Wear loose clothing and footwear.

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## STRENGTH AND STRETCH - DVD

**Tuesday @ 11.00am**

Gentle exercises to stretch and strengthen your body to assist with fitness and good health. Note: Wear comfortable clothing.

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## TAI CHI

**Monday @ 10.00am and Wednesday @ 2.30pm**

This form of Tai Chi helps with arthritis, fall prevention and general well-being. Note: Wear loose clothing and comfortable shoes.

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## YOGA

**Monday @ 1.00pm**

This graceful form of yoga is based on soft flowing movements, directed breathing and visualisation, and the session finishes with relaxing meditation. Note: Wear comfortable clothing and bring your own mat.

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## ZUMBA

**Wednesday @ 9.15am**

DVD session. Begin with power walk warm-up then Zumba dance movements to South American music. Note: Wear comfortable footwear and clothing.

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