



Seniors Recreation Council of WA Inc.
Peel branch

Fit & Flexi

Over 50's Winter Exercise Program

Bortolo Park Hall
Murdoch Drive Greenfields

Thursdays 9am to 10am

***Free Have-a-Try and Registration session 9-10am on
Thursday 7th May 2026***

***Classes 9-10am each Thursday commencing 14th May
until 29th October 2026***

***Registration Cost \$25.00 per person
(Registration is required prior to commencing the class)***

Class cost \$5.00 at the door

**** No EFTPOS, cash only***



Turn over page for more information

Email Peel.Branch@srcwa.asn.au for registration form



Fit & Flexi

Over 50's Exercise Program

Participant Information Sheet

About the class

Fit & Flexi is an exercise to music class that aims to improve your physical and cognitive functioning.

Selected exercises are programmed to include fitness, strength, flexibility and balance components.

Is there any floor work?

There is no floor work, all exercises are performed in a standing or seated position. Dyna-bands are used during the strength and balance section of the class.

Who is the class suitable for?

The class is suitable for people aged 50+ years who have good mobility and basic fitness.

What to bring/wear

Bring a water bottle and wear loose fitting clothes and cushioned sole shoes.

Your class Leader

Susy will be your class Leader. Susy has qualifications in Fitness and has experience in exercise classes for the older adult.



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HEALTHY AGEING THROUGH ACTIVITY