

All group classes incorporate aerobic fitness, strength, balance and flexibility. We use hand weights, body weight and resistance bands

The classes differ in intensity, if you are unsure which class is right for you, please ring 0414 902 034 or email annabelle.tytherleigh@gmail.com



Senior exercise classes

Fitness, Strength & Balance



Monday 1pm

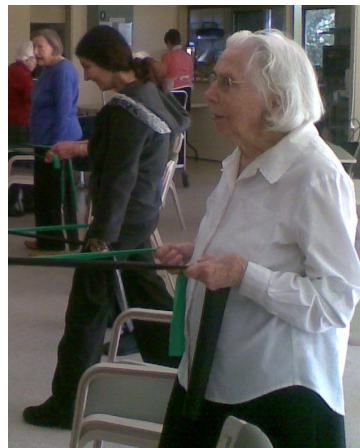
Gentle exercise – falls prevention
Our Lady Sacred Heart
Avoca Street Randwick
\$6.00

Wednesday 10am

Gentle exercise – falls prevention
Woollahra Seniors Centre
Cnr Edgecliff Rd & Ocean St
\$6.00

Tuesdays & Thursday 9.30am

Fit over 50's – strength & abdominal exercises
St Luke's Church Hall
Varna St, Clovelly
\$9.00



Annabelle Tytherleigh

Personal Trainer and Older Adults Specialist
Cert 111 Cert 1V Diploma of Fitness



Mobile 0414 902 034

Health and wellbeing through fitness—at any age!