

### **Council of the ageing 'living longer, living stronger'**

**Aims to increase the quantity and quality of strength training available  
for people over 50 years.**

By joining the COTA Program you can expect strength training programs, which:

- Follow a progressive resistance training format, which start at your level and progressively and regularly increase the weight.
- Includes at least 4 fully supervised gym sessions or a combination of gym, circuit and or fitball classes per week, over a 1 hour period.
- Have a qualified instructor who will encourage and support all participants whilst ensuring correct technique and safety within the group.
- Joining fee is \$20 for annual membership, \$5.00 per class
- Have an atmosphere that is fun, friendly, enjoyable and welcoming.



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#### **CLASS TIMES:**

**TUESDAYS 9AM TO 10AM AND 10AM TO 11AM**

**FRIDAYS 8AM TO 9AM AND 9AM TO 10AM**

**INSTRUCTOR: RON NYLANDER**

**HOBART POLICE & COMMUNITY YOUTH CLUB INC.**

**300 LIVERPOOL STREET**

**HOBART TAS 7000**

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For further information look up these useful websites;

[www.cotatas.org](http://www.cotatas.org) ~ [www.lls.info](http://www.lls.info) ~ [www.cotavic.org.au](http://www.cotavic.org.au)