

Intro To Gym For Women

The course is designed for beginners and those returning to exercise after a break. All participants are given personal attention throughout the course. All age groups are able to enjoy this popular course.

Other topics covered are:-

- Weight loss and weight management
- Pilates and Fitball
- Back care
- Exercise and Arthritis
- Osteoporosis

The course is intended to be an enjoyable activity in a friendly social environment. We encourage you to bring along a friend and to enjoy the course. Appropriate clothing for the gym, including a small towel and drink bottle is recommended.

I look forward to meeting you and helping you to achieve your goals.

Course details:

- Venue is the Police and Community Youth Club, 300 Liverpool St, Hobart.
- Two sessions weekly.
- Tuesdays & Thursdays 5.30pm to 6.30pm
- Mondays & Thursdays 9.30am to 10.30am
- Course fee of \$110 includes 12 months membership of the PCYC Gym.
- Registration forms available from Hobart PCYC or online at the link below.

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