



Challenge yourself

Stay healthy and grow stronger with us.



Fit 4 Life fitness classes

Our Fit for Life fitness classes are a great way for individuals aged 50+ years to engage in safe and social exercise within their community!

During the class, scaled movements assist in providing key resistance and balance exercises which target specific areas and increase your health and wellbeing.

This class provides a great atmosphere to get active at your own pace and challenge yourself!

An annual Pre-Exercise Questionnaire will be required prior to making a Fitness booking or participating in the program.

You can complete the Pre-Exercise Questionnaire electronically via the Burwood Council website or by visiting Enfield Aquatic Centre.

If you indicate 'Yes' on any of the pre-screening questions you will be required to obtain a medical clearance prior to sign-up.

Participants must be 16 years or over to attend Fitness programs.

Prices

(Prices subject to change on Monday 01 July 2024)

Adult (Casual)	\$18.30
Adult (10 visit pass)	\$153.00
Concession (Casual)	\$13.30
Concession (10 visit pass)	\$112.20

Concession applies for seniors and pensioner concession card holders (Aged and disability only). Visit passes valid for 12 months.

Session Times

Wednesday Mornings- 11:15am - 12:15pm

10 week program commencing from Wednesday 01 May to Wednesday 03 July 2024.

Bookings are recommended as positions are limited.

Classes are suitable for individuals aged 50 years and older.

Exercise program may include training using weights, use of resistance bands and additional balance and mat work.

For bookings and enquiries phone 9078 6169