



## 'Strength Training' Exercise Class

Strength (or resistance) training is an exercise class run by the Exercise Physiology staff of Sunbury Community Health to help:

- Increase your muscle strength
- Improve health and fitness
- Improve balance and coordination

### Program Information

**Date:** Monday  
**Time:** 11 am – 12 pm  
**Cost:** \$10 per session  
**Venue:** Sunbury Aquatic & Leisure Centre,  
20 Ligar Street Sunbury



This program is an introductory program that aims to encourage participants to exercise safely in the community.

### Are you interested in joining 'Strength Training'?



**Please call our Physiotherapy team on 9744 4455**

You will need an assessment before you start to ensure that this is the right exercise group for you.

This program is supported by Australian Government Department of Social Services via the Commonwealth Home Support Program - [www.dss.gov.au](http://www.dss.gov.au)

