





EXPERIENCE FITNESS & FRIENDSHIP


With Weekly Strengthening Classes for 50s plus
at Penshurst Anglican Church


 Mondays & Thursdays

 2 Carrington St, Penshurst NSW 2222
Free onsite parking available


STRONG & ACTIVE


 Mondays each week
10:30 am - 11:30 am


 You need a water bottle,
supportive joggers and
comfortable clothes

 Includes warm-up,
aerobics and strength,
core stability exercises,
cool-down, stretching
and relaxation

FITTER & STRONGER

 Thursdays each week
10:30 am - 11:30 am

 You need a water bottle,
supportive joggers and
comfortable clothes

 Includes warm-up,
aerobics, strength
exercises using
resistance equipment,
cool-down, stretching
and relaxation



Boost balance,
flexibility &
coordination



Improve fitness
& maintain
muscle



Enhance mental
health, mood &
concentration



Enjoy social
connection &
community

SIGN UP FOR A FREE TRIAL SESSION

Register by giving our friendly Head Office a call on
8580 0628 or sending an email on **info@share.org.au**

Please note that COVID-19 Safety Practices are strictly adhered to in
every SHARE class.