

Come & Try!

Casino's NEW outdoor gym equipment at Crawford Square

Do you want to increase your health and fitness in an outdoor setting for FREE?

To build confidence using the NEW outdoor exercise equipment at Crawford Square in Casino, we are running a free 4-week 'come and try' program for residents of all ages and abilities.

Instructed by a qualified exercise professional, we invite you to come along and give it a go!

**4 week program starts
Monday 19 November
10:30 am - 12 pm**

Group size limited to 15. Subsequent sessions will be November 26, December 3, 10 from 10:30 am - 11:30 am.

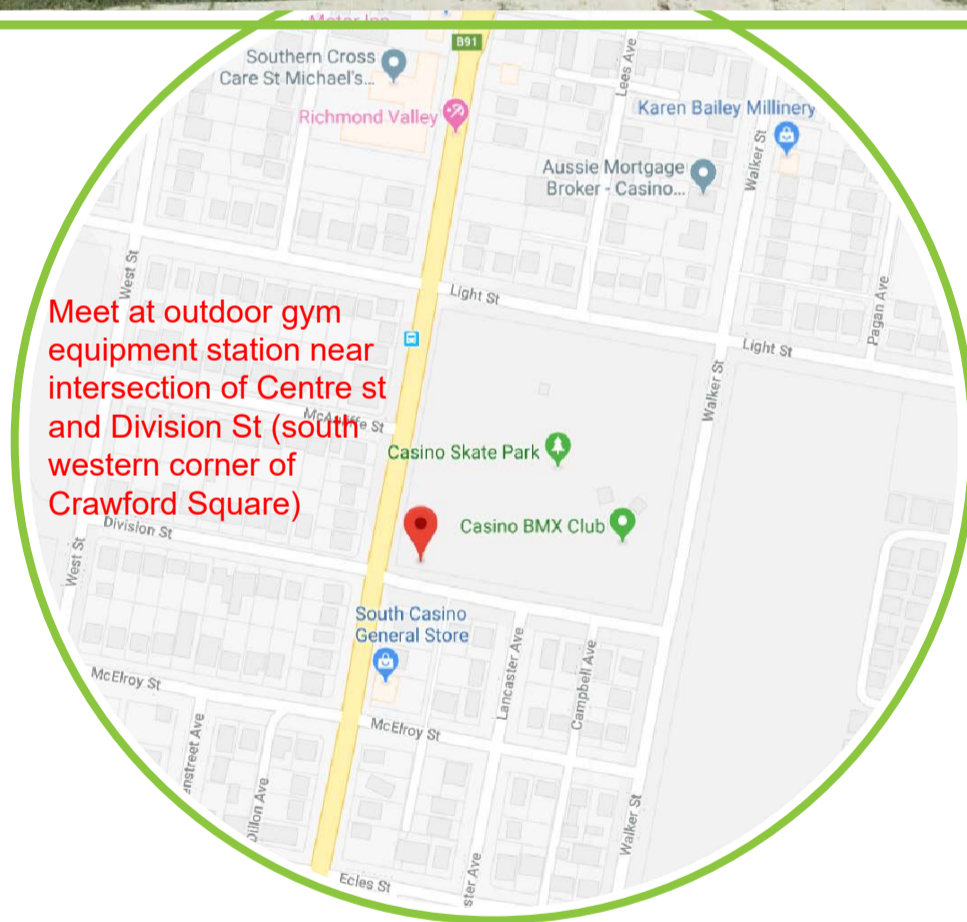
Program topics include: safety, warm up, balance training, core stability, resistance bands & more.

Please register with:
Linda 0423 956 585

Health Warning: If you have any concerns regarding your fitness level, ability or skill to participate in these sessions, it is recommended that you seek medical advice from your GP or specialist before you book in.

Please note that Richmond Valley Council or NSW Health are not authorised to advise you in this regard.

Weather: In case of bad weather conditions the program may be postponed or cancelled for that week.



For further information or to register your interest, please contact Linda on 0423 956 585



Richmond Valley Council

