



Do you want to improve your strength, fitness, flexibility or balance?

Then come down to Otahuhu Recreation & Youth Centre, and enrol in our exciting new exercise programme, designed for the older adult by Auckland University of Technology (AUT).

Classes consist of a group warm up, your own exercise programme including resistance based exercise, and a group warm down. Increase energy levels, having fun and meeting new people are just some of the benefits you will experience.

Call and ask for Junior on **(09) 2768207** to find out more.

If you would like us to come talk to a group or organisation you are involved with, just let us know your contact details and we can arrange it all!

Don't forget you're never too old, and its never too late to start!!

Otahuhu Recreation & Youth Centre
Operated by CLM
30 Mason Ave, Otahuhu
www.otahuhurec.co.nz

