



seniors

in the

Spotlight

The NSW Seniors' Festival runs from 14 to 21 April 2021. To celebrate we are seeking anyone 60+ years who wants to feel more energised, maintain their independence and share fun times with like-minded people.

Often gyms are associated with muscle bound, buffed bodies. Health Mates is different! We offer a range of classes and services specifically designed for the older adult.

A quarter of our members are over 60 years, with our oldest being 96, so it's never too late to start.

A SPECIAL SENIOR'S OFFER

Young at Heart Program

If you are 60+ years of age, we invite you experience what Health Mates has to offer for **FREE***!

Enjoy **5 FREE** visits to Health Mates, each with an instructor who will look after you every step of the way. We will teach you how to exercise safely and effectively, keeping you independent, healthy and happy. There's no obligation to join afterwards, but should you wish to, we offer **discounted membership rates for seniors**.

*Conditions apply: Valid for first time users only. Must be 60 years and over and a member of Revesby Workers' Club. Medical clearance may be required prior to commencing.



HealthMates
Fitness Centre

2B Brett St, Revesby | 8707 6930 | healthmates.com.au