

SIXMILE

MORE
active, often...

Fit & Active

Monday	10.00am-12.00pm	Jacquie Guinn
Thursday	10.00am-12.0pm	Jacquie Guinn

Why not come along, meet new friends and take part in our Fit & Active activities on a Monday and Thursday morning.

10.00am	Aerobics
10.45am	Aquafit with Janelle Close



Other activities include:

- Badminton
- Table Tennis
- Bowls
- Swimming Pool and Spa
- Sauna & Steam Room

Make sure you join us for a cup of tea or coffee served upstairs after your activities!