



BETTER LIVING PROGRAM

AT DOOLEYS HEALTH + FITNESS

EXCLUSIVE TO SENIOR CARD HOLDERS



The program is exclusive to **Senior Card holders of DOOLEYS Lidcombe Catholic Club** and is designed to deliver exercise classes and effective programs a part of a vibrant community at an affordable rate.





The **Better Living Group Training program** is hosted by a team of experienced coaches to deliver exercise in a lively group environment with the aim to:

- Increase bone density**
- Improve balance and coordination**
- Improve cardiovascular health**
- Provide a fun and social environment!**



Low bone density and in turn a lack of balance and strength is a common reason why falls are experienced so frequently, particularly in the age group of 65 years plus. Falls can be prevented with the appropriate strength and conditioning training - this is exactly what the Better Living program offers.

Our team of coaches are committed to guiding you so that you walk out of each session more body aware and more conscious of how to move through the daily tasks that life demands.

See Gym Reception for a copy of the **Better Living Group Fitness Class schedule**.

BETTER LIVING MEMBERSHIP OPTIONS:

- OPTION 1:** Conveniently pay \$6 each time you want to visit
- OPTION 2:** Secure a 10 Visit Pass at a special rate of \$50
- OPTION 3:** Unlimited Access Membership – See Gym Reception for unlimited access options and fees

Enjoy all the benefits of the benefits that come with the Better Living program and enquire today on (02) 8745 6202

