



# Young At Heart *with* Fit 55's



Circuits & Programs specifically for over 55's  
in our community with a spring in their step



	6-7AM	7-8AM	8-9AM	9-10AM	10-11AM	11AM- 12PM	12-1 PM	1-2PM	2-3PM	3-4PM	4-5PM	5-6PM	6-7PM	7-8PM	8-9PM
MON					Fit 55's				Fit 55's						
TUE		Fit 55's		Fit 55's Circuit	Fit 55's										
WED					Fit 55's				Fit 55's						
THU		Fit 55's		Fit 55's Circuit	Fit 55's										
FRI					Fit 55's				Fit 55's						



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Corner of Shakespeare & King Streets  
Hamilton, Vic, 3300  
Contact Mardi: 0401 572 018  
Owner & Manager of Vitality  
Or HILAC Reception: (03) 555 14 300

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**Fit 55's:** is available to our community members aged 55 and over with a spring in their step and a gleam in their eye!

Fit 55's provides access to the gym in off peak times in order to utilise strength conditioning and cardio equipment in a safe and supervised environment, with the opportunity to socialise with other participants.

**Fit 55's Circuit:** circuits are a popular form of training involving a structured warm up with a trainer, followed by a combination of strength and aerobic work using various stations devised specifically to deliver benefits to you, all under the instruction of a trainer. While the exercise component is of the highest benefit to members, there is an enormous amount of fun had within the circuit group which is just as beneficial to health and wellness.

While circuits are a group based session, you have the flexibility to go at your own pace.

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