

# Come & try

## Shellharbour outdoor fitness equipment at three new locations!



### Do you want to increase your health and fitness for FREE?

To celebrate the installation of three brand new outdoor exercise equipment stations, we are running a range of 'come and try' programs for residents of Shellharbour City.

Instructed by a qualified exercise physiologist, we invite you to come along and give it a go!

Health Warning: If you have any concerns regarding your fitness level, ability or skill to participate in these sessions, it is recommended that you seek the appropriate medical advice before you book in. Please note that Shellharbour City Council are not authorised to advise you in this regard.

Weather: In case of poor weather conditions, the programs may be postponed or cancelled for that day.

**Wilson Memorial Park,  
Koono Street, Albion Park Rail**

**FREE 7 week program  
Starts Monday 20 May, 2019  
9:30am - 11:00am  
This program is for people 50+ only**

**Frasers Reserve,  
Cawdell Drive, Albion Park**

**Come and try session, followed by a  
healthy breakfast and nutrition talk  
Tuesday 9 July, 2019  
8:00am - 9:30am  
All ages welcome**

**Beverley Whitfield Pool,  
Shellharbour Village**

**Come and try session, followed by a  
healthy breakfast and nutrition talk  
Tuesday 23 July, 2019  
8:00am - 9:30am  
All ages welcome**

**Places are limited for all locations.  
Register via outdoor exercise equipment page  
on Let's Chat [letschatshellharbour.com](http://letschatshellharbour.com)  
or phone 4221 6007.**



Health

