

# MAAD - Mature Adults AEROBIC DANCE - FITNESS



Posture, Balance,  
Strength,  
Coordination, Health,  
Confidence

## Canberra City Gymnastic Club

**Class Times:** Tuesdays 8:00pm to 9:00pm

**Where:** Corner College and Chandler Streets

**Instructor:** Accredited in *Exercise Medicine*.  
Australian Gymnastics Team – Choreographer

**Fees (GST inclusive):**

Book-of-Ten sessions

**\$120**

Casual

**\$15 per class**

There is an additional one-off, annual **Registration & Insurance** (with **Gymnastics Australia**) fee of **\$44**, which must be paid prior to or at your **second** class.

### PROGRAM:

This program is for women.

Emphasis will be on increasing balance, aerobic and overall muscle fitness while enjoying choreographed moves to music in a safe and friendly environment.



Australian Government  
Australian Sports Commission

CLUB DEVELOPMENT NETWORK  
1300 130 121  
[www.ausport.gov.au/clubs](http://www.ausport.gov.au/clubs)

 **SPORT & RECREATION ACT**