



RangeCare®
BLACKALL RANGE CARE GROUP LTD

MAPLETON GYM PROGRAM

Keeping you fit so that you can live your **BEST** life!

A GREAT WAY TO IMPROVE YOUR HEALTH THROUGH LOW- IMPACT EXERCISE WHILE MAKING NEW FRIENDS!

The Range Community Gym and Fitness Centre in Mapleton is offering RangeCare clients the opportunity to use their facilities with an individual exercise program written by a personal trainer, Paul.

Individual support will be given when necessary to instruct the clients in using the equipment and safe practices around physical exercise.

11:00am - 12:00pm Fridays. The Gym is open to RangeCare clients during this time

Mapleton Gym - 5 Post Office Road, Mapleton (underneath the Bowls Club)

The price to attend is \$7.00

Paul is a gym instructor with 17 years of experience in helping people reach their health and fitness goals.

To find out more, contact our Groups Coordinator on 07 5445 7044



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 www.rangecare.com.au

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