



RangeCare®
BLACKALL RANGE CARE GROUP LTD

MALENY 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!

Maleny Community Gym is offering RangeCare clients to use their facilities and have their own tailored exercise program created by the gym's personal trainer, Shar.



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

2:00pm - 3:00pm - the gym is only open to RangeCare clients during this time.

Maleny Gym - Maleny Showgrounds (under the Pavillion building)

The price to attend is \$5.00

There will also be a Physiotherapist attending the session for any additional needs.

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



 07 5445 7044

 www.rangecare.com.au

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