

## Maleny Gym Program

*Connecting you to your community.*

Would you like to improve your physical and mental health, while meeting other people?

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.

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

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

Place: Maleny Gym - Maleny show grounds under the pavilion building

Cost: \$5

**TO REGISTER**

**Please call or email our Services Coordinator Maryanne on the details below.**



07 5445 7044



servicescoord@brcg.org.au



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