



**MIND.
BODY.
BEST.**

Gym X Fit, Kingswood

**Come experience your first exposure
to the gym**

Have an Exercise Physiologist run you through an introductory gym session, whilst also going through a gym-based circuit of activities and games.

WHAT DOES THIS PROGRAM INVOLVE?

- A variety of gym-based activities to encourage skill development and gross motor skills
- Functional exercise movements and exposure to best practice gym activities
- High intensity and safe demonstration techniques

WHO IS THIS PROGRAM FOR?

- People looking to experience a gym based program in a safe and supported environment
- People wanting to progress into a gym class of their own in the future
- Those looking to get fit, have fun and make some friends.

WHEN DOES THIS PROGRAM RUN?

DATE: 5th October 2018

GROUP TIMES: 1:00pm - 3:00pm

LOCATION: Western Sydney University Gym, Building L, Second Avenue, Kingswood

COST: \$99

RSVP: Sally: swinchester@cerebralpalsy.org.au by 2nd October 2018 to secure your place

NDIS: Use your NDIS funding to pay for this service (Social & Community Participation) or pay privately.