

# Heart Moves Chair Exercise



Heart Moves is a gentle physical activity program of seated chair exercises to get your heart moving!

**WHEN:**

Friday, 11am - 12pm

**COST:**

4 week pass - \$20.00

**WHERE:**

Glenroy Neighbourhood Learning Centre  
5b Cromwell Street, Glenroy

**TO REGISTER:**

Phone: 9304 3910

Email: [nhcoordinator@glenlink.vic.edu.au](mailto:nhcoordinator@glenlink.vic.edu.au)