

Heart Moves Chair Exercise



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

WHEN:

Friday's, 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