

**NOT YOUR  
USUAL**

*outing*

**OVER 65?**

**TRY SOMETHING NEW  
AT THE FITNESS EXPO!**



**GET YOUR  
GAME  
FACE ON**

**SATURDAY 26 SEPTEMBER  
RHODODENDRON LAWN, HAMILTON GARDENS**

# Saturday 26 September, 10:00am-12:00pm Rhododendron Lawn, Hamilton Gardens

Ever wanted to take a Zumba class or try aerobics? This is your opportunity to step outside your usual routine, meet new friends, and move towards a healthier lifestyle!

*Not Your Usual Outing* brings together fitness programmes designed for over 65s for a fun morning of activities and learning. Find some friends who you want to get active with and create a team, then join us for a bit of light-hearted competition. Earn team points and prizes for enthusiasm and effort, while learning from active ageing experts.

All ages and abilities welcome!

**NOT YOUR  
USUAL**  
**outing**

To register a team contact Brianna  
**[notyourusual2015@gmail.com](mailto:notyourusual2015@gmail.com)**  
**Ph: 027 227 5792**