

Strength & Balance classes at Bankstown PCYC

Research has shown that strength training can alleviate the effects of chronic conditions such as Arthritis, Type 2 Diabetes, Osteoporosis and Heart Disease. Strength training has also been shown to:

Improve balance and reduce risk of falling

Enhance mental wellbeing

Improve body composition (more muscle, less fat)

Raise self-esteem and self-confidence

Reduce lower back pain

Improved ability to undertake activities of daily living and maintain an independent lifestyle

More details and how do I get involved?

Initial 1 to 1 Assessments for all clients by an accredited exercise physiologist and a personalised exercise program written to your needs/goals.

This needs to be book in prior to starting classes

Supervised, progressive strength training sessions by Strength for Life Instructor/Exercise Physiologist to oversee the sessions.

An accessible and safe environment for people 50 years and over and great opportunities to socialise

Only \$45 including: initial 1 to 1 Assessment & Exercise program and weekly classes throughout Term 3.

This program is supported by CBCity.

Limited availability. Pre-booking essential

Venue: Bankstown PCYC, Cnr French Ave & Meredith St. Bankstown 2200

Strength for Life Facilitator: Jacquie Sekulovski

Exercise Science Sydney

To book your place on the program:

Call Jacquie on 0402 333 853

Email: exercisesciencesydney@gmail.com