

Mapleton Gym Program

Connecting you to your community.

Would you like to improve your physical and mental health, while meeting other people?

The Range Community Gym and Fitness Centre in Mapleton is offering RangeCare clients the opportunity to use their facilities with an individual exercise program written by a personal trainer, Paul.

Paul is a gym instructor with 17 years of experience in helping people reach their health and fitness goals.

Individual support will be given when necessary to instruct the clients in using the equipment and safe practices around physical exercise.

Time: 11am-12pm Fridays - the gym is only open to RangeCare clients during this time

Place: 5 Post Office Road Mapleton, underneath the Bowls Club

Cost: \$7

TO REGISTER

Please call or email our Services Coordinator Maryanne on the details below.



07 5445 7044



servicescoord@brcg.org.au



www.rangecare.com.au



www.facebook.com/blackallrangecare