

EXERCISE **PHYSIOLOGY** FOR WOMEN



**NEVER
TOO OLD
TO PLAY**
EXERCISE PHYSIOLOGY

**Nervous About Going to the Gym?
You don't need to be fit, flexible or
confident to begin.**

Small, supportive group class for midlife women,
ran by Robyn - an Exercise Physiologist in her 40's.

**Thursdays 4:30pm to 5:30pm
Thursdays 6pm to 7pm
\$22 per casual session**

Maybe you've been meaning to start strength
training for years, but the thought of walking into a
gym makes you nervous.

Here, you'll be welcomed, supported and encouraged
to move at your own pace. No mirrors, no competition
and no expectations to keep up with anyone else.

What to Expect

- Strength exercises to support your muscles, bones and everyday activities.
- Balance and mobility activities to help you move with confidence.
- Small, friendly sessions with exercises adapted to your abilities and experience.

✓ **BUILD STRENGTH**

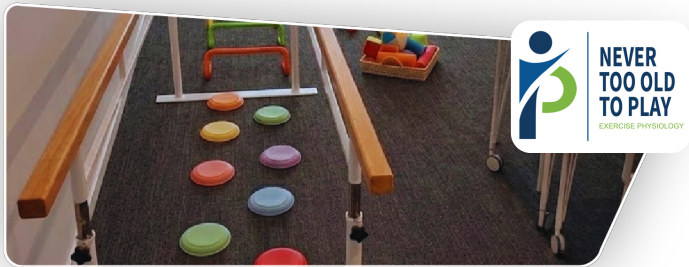
✓ **FEEL CONFIDENT**

✓ **INCLUSIVE COMMUNITY**

Robyn Papworth - 400894BY
Medicare, Private Health,
Aged Care Package Funding
may be available

📞 0404058718

🌐 www.nevertoooldtoplay.com



A Comfortable Place to Start

If you've been putting off exercise because you're nervous about gyms, worried about injuries or unsure what your body can manage, you're in the right place. I'm Robyn, an Accredited Exercise Physiologist, and I'd love to help you discover that getting stronger can actually be enjoyable.

Details for Your Peace of Mind

- No previous gym or exercise experience needed.
- Exercises can be adapted to your strength, mobility and confidence.
- A welcoming, supportive environment where you can learn at your own pace.

ARRIVAL & ACCESS INFORMATION

- Front entrance has 3-step access from the front path.
- Rear entrance is accessible via the driveway (note: driveway has a gentle downward decline) with 1-step directly into the studio.
- Street parking available right outside.

Ready to Feel Stronger?

You don't have to figure it all out yourself.

Come and meet Robyn, have a look around our studio and find out which exercise options are right for you.

7 Meadowgate Drive, Chirnside Park

Book online: www.nevertoooldtoplay.com

Phone/Text: 0404 058 718