

North Canterbury Sport & Recreation Trust presents...



A light exercise and breathing class to boost your energy, confidence, flexibility & movement

Silver Fitness is a great way to maintain your fitness, mobility and independence.

Join this fun 60 minute classes where our instructors will help you get stronger, fitter and more mobile through a range of functional, low-impact exercises in a supportive environment.

www.sportstrust.org.nz

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The images below are from our very popular Silver Fitness classes at Rangiora and Kaiapoi Fitness Centres. Silver Fitness at Stadium Fitness Centre in MainPower Stadium is also growing in popularity.

As a bonus both Stadium and Rangiora Fitness Centres have in-house cafes where you can relax, socialise and enjoy a hot or cold drink after your class.



- Mondays 11:30am
- Wednesday 11:00am
- Friday 11:00am

345 Flaxton Road, Rangiora | 03 975 5556 | office@sportstrust.org.nz



- Mondays 10:30am
- Tuesdays 10:30am
- Wednesdays 10:30am
- Thursdays 10:30am

289 Coldstream Road, Rangiora | 03 975 5560 | mainpowerstadium@sportstrust.org.nz



48 Hilton Street, Kaiapoi | 03 327 7892 | kaiapoigym@sportstrust.org.nz

- Tuesdays 10:30am
- Thursday 9:15am
- Fridays 10:15am



PRAMA
PUSH PLAY
ACTIVE



You might also like to try PRAMA Active at Stadium Fitness Centre

- Tuesdays & Thursdays at 10.30am



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