

Green Prescription Support Person Programme

Day/Time	Activity	Venue	Contact
Monday 10:30 - 11:30am	Over 50's Exercise Circuit	Fat Max Gym Cost: \$4	Myra 762 7776
Tuesday 11am	Cycling	Aquatic Centre	Dave 021 293 5604
Thursday 9:30 - 10:30am	Walking	Aquatic Centre	Lilly 762 7085
Thursday 5:15 - 6:30pm	Aquacise	Aquatic Centre	Lilly 762 7085
Any day, weather permitting	Croquet	Croquet Club (next to the Aquatic Centre)	Dave 768 5920
Any day, any time	Aqua Exercise	Aquatic Centre	Peter 762 5654

For further information please contact Amy Bruhn, (03) 768 6182