



**NEW MEMBERS WANTED – COME AND TRY**

**EASYBEAT WALKERS  
SENIORS' EXERCISE AND LIFESTYLE GROUP**

**EASYBEAT WALKERS** (but we are NOT a walking club) is open to new members. We are a Seniors exercise and lifestyle group that meet every Friday at the Padbury Community Hall, Caley Road, Padbury at 9:00 am.

**A gentle way to stay fit and enjoy good company and it is free to try out of the first 2 weeks.**

Join us for an hour of exercises with a professional trainer, followed by an hour of board and card games, darts or table tennis and then a great BYO morning tea. We also organise a number of outings through the year (bus trip, lunches, theatre visits).

Our club has been running for 14 years and we are looking for young and fit Seniors to increase our membership. Preference is given to City of Joondalup residents. **WHY DONT YOU COME AND TRY-** you will be made very welcome.

Phone Terri on 0418 940 033 for further information. We will NOT be meeting on Friday 27 March – so don't come that week ☺