

# REC ALLEY GREGORY HILLS LIGHT GYMNASTICS

CLASSES FOR OVER 50'S



REC ALLEY

# REC ALLEY GREGORY HILLS CLASSES & TIMES

**MORE CLASSES TO OPEN ON DEMAND**

## ALLEY STRENGTH

MONDAY 1PM

**Alley Strength** is a 45 minute class working on strengthening upper and lower body in a safe and friendly environment. The class combines light gymnastics movements and strengthening exercises.

## ALLEY ACTIVE

THURSDAY 7:30AM

**Alley Active** is a 45 minute class helping you increase your general fitness and improve your cardiovascular health through light gymnastics exercises utilising a wide range of gymnastics equipment.

## MORE THAN EXERCISE

**Rec Alley's** light gymnastics classes are more than just exercise. Our aim is to bring people together from all walks of life and create habits that lead to better health and wellbeing. Members are happy to help themselves to our free coffee, tea, hot chocolate and light snack station.

**REC ALLEY  
CONTACT US**

recalley.com.au  
(02) 9046 9150  
72 Lasso Rd, Gregory Hills

