

 Y YMCA	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00am	 Mobility 101	GREEN PRESCRIPTION Gym Workout 9am-12pm		GREEN PRESCRIPTION Gym Workout 9am-12pm	
9:30am			50's Forward		
10:00am	Pryme Movers				 PrYme Circuit
10:30am				FREE Tai Chi	
11:00am	 Heart Moves				
YMCA GISBORNE FITNESS 150 Roebuck Road Ph (06) 867 9259 www.ymcagisborne.org.nz					

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