



GET ACTIVE:

Gym PROGRAM

Get your pump on! Grab your gym gear and join this group for a fun, intensive gym workout. Each participant will develop and work on their own personalised gym program. Get active, get sweaty and have fun.

Perfect for:

Anyone 16 plus looking to be healthy and get fit

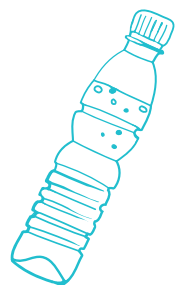
What to expect:

- Individual program developed by a professional personal trainer
- Each week work on your own personal program
- Transport to and from the gym
- Relax with friends afterwards



Duration:

- Once a week
- 5 hour group
- Ongoing with regular program reviews



Cost:

NDIS 1:2 ratio

Montrose can also offer physiotherapy to develop a modified gym program (separate cost).

Interested



Visit www.montrose.org.au/lifestyle
Or call us on **1800 193 362**.