

Fitter for Longer

Conveniently located at
Greenslopes Private Hospital



Ramsay

health plus



Book a Fitter for Longer class today!

\$30 for single session

\$250 for 10 session pass

Led by an experienced exercise physiologist, this small group exercise class is designed to help you improve your fitness, increase your muscle strength and improve your balance. We utilize individualized exercise programs to help you meet your individual goals and stay Fitter for Longer.

Who is suited to this class?

- Cardiac patients
- Respiratory patients
- Chronic medical conditions
- Anyone who wants to improve or maintain their general fitness and stay FITTER for LONGER. All levels and abilities welcome.

Greenslopes Private Hospital

Specialty Clinics - Ground Floor, Administration Building

Newdegate St (via Gate 1) GREENSLOPES Q 4120

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