

**Multicultural
Sports Club**



SSI For equality
of life.

50+ Fitness Chair Aerobics

Come join the fun – this fun chair aerobic activity helps to coordinate the muscles and body whilst keeping the brain active and healthy.

Gould Adams Park
558 Kingston Road, Kingston
For more information:
call 0402 303 931
or email sport@ssi.org.au

Proudly supported by the
Queensland Government through
the ActiveKIT Super Round.