

LIVE WELL, AGE WELL

# ACTIVITY FOR HEALTH

SIGN UP  
TODAY!

Can be used at:  
Citadel Pool/Gym  
Troon Pool/Gym  
Prestwick Pool/Gym  
Maybole Pool  
Girvan classes



Activity for Health  
Gentle Movement  
HARP  
Invigor8  
Zoom  
Stroke Rehab  
Weigh to Go  
Move More  
Fit Camp Gold  
Stretch and Relax/Core  
Line Dancing  
Aqua Trim  
Gym  
Swim

£20 pm (28 day cancellation policy)

 : 01292 269 793

 : [ActivityForHealth@south-ayrshire.gov.uk](mailto:ActivityForHealth@south-ayrshire.gov.uk)

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**AYRSHIRE**  
COUNCIL  
Comhairle Siorrachd Àir a Deas  
Making a Difference Every Day 