BETTER WITH TIME

FITNESS DESIGNED FOR YOUR NEXT CHAPTER

Looking for an over 50's fitness program that meets you where you are — and keeps you moving forward? Better With Time offers fun, motivating classes designed to build strength, balance, and confidence in your everyday movement.

Join a supportive community and work with knowledgeable instructors who understand how to train smart and safely at any stage of life.

- $15 per week
- 4 classes weekly
- Suitable for all fitness levels

Monday 45 MIN	Tuesday 45 MIN	Wednesday	Thursday 45 MIN	Friday 45 MIN
	Body Fit 9:00am	Gentle Chair Flow yoga 9:00am	Groove Nation 8:30am	Body Fit 9:30am

Get in Touch

07 5329 6550
nlc@noosa.qld.gov.au
9 Wallace Drive, Noosaville

NOOSA Leisure Centre

MEMBERSHIP TERMS & CONDITIONS

- Cost: $15.00 per week direct debited fortnightly ($30 per fortnight) - to sign up - please see reception at Noosa Leisure Centre.
- Minimum sign up period - 3 months. $100 cancellation fee for any direct debit members wishing to cancel in the first 3 months. After the 3 month sign up period, 2 weeks notice is required to cancel the membership.
- Membership entitles you to: All classes on the Better With Time timetable.
- Council reserves the right to cancel the membership offering at any stage if minimum membership numbers are not reached or maintained.

CLASS DESCRIPTIONS

BODY FIT	• A low-impact class for over 50s focused on building fitness, strength, improving balance, and supporting healthy aging in a safe, supportive setting.
GENTEL CHAIR FLOW YOGA	• A gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support. Benefits of chair yoga include- improved flexibility, better concentration, increased strength.
GROOVE NATION	• Groove Nation is a low impact dance class for the over 50's celebrating rock and roll, RnB, Motown, Disco, pop, Latin and Dance music. Enjoy fun, easy to follow moves set to a mix of familiar favourites and global rhythms in a supportive environment. A joyful uplifting way to stay active, improve coordination, and feel great!

HOW TO JOIN

- Drop into the centre during opening hours and speak to our friendly staff to discuss your best option.
- We offer casual passes, multi-visit passes, and memberships tailored to your fitness needs and frequency.
- You will need to complete a Membership Form which includes basic health and contact information.
- New members can book a free orientation to get familiar with the facility, equipment, and class offerings.
- Once registered, you're ready to enjoy our group fitness classes, sports courts, and more.

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