



# Trigg Island SLSC

Powered by revolutioniseSPORT

## Event Calendar

---

### May 2025

#### 01 — Thursday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

#### 02 — Friday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

#### 03 — Saturday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

#### 04 — Sunday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## 05 — Monday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## 06 — Tuesday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## 07 — Wednesday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## 08 — Thursday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## 09 — Friday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## 10 — Saturday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## 11 — Sunday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## 12 — Monday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## 13 — Tuesday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## 14 — Wednesday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## 15 — Thursday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## 16 — Friday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## 17 — Saturday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## 18 — Sunday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## **19 — Monday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## **20 — Tuesday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## **21 — Wednesday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## **22 — Thursday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## **23 — Friday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## **24 — Saturday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## **25 — Sunday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## **26 — Monday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## **27 — Tuesday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## **28 — Wednesday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## **29 — Thursday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## **30 — Friday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## **31 — Saturday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

# **June 2025**

## **01 — Sunday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## 02 — Monday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## 03 — Tuesday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## 04 — Wednesday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## 05 — Thursday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## 06 — Friday

08:00 — 09:00 Fitness Circuit



The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## **07 — Saturday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## **08 — Sunday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## **09 — Monday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## **10 — Tuesday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## 11 — Wednesday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## 12 — Thursday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## 13 — Friday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## 14 — Saturday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## 15 — Sunday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## **16 — Monday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## **17 — Tuesday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## **18 — Wednesday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## **19 — Thursday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## **20 — Friday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## **21 — Saturday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## **22 — Sunday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## **23 — Monday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## **24 — Tuesday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## **25 — Wednesday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## **26 — Thursday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## **27 — Friday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## **28 — Saturday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

Join the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## **29 — Sunday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

oin the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## 30 — Monday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

oin the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

## July 2025

### 01 — Tuesday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

13:00 — 14:00 Yoga with Kristine (Indoors)

oin the Trigg Island Silver Salties Yoga with Kristine, an indoor class specifically tailored for over 65's.

### 02 — Wednesday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

### 03 — Thursday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

### 04 — Friday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 05 — Saturday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 06 — Sunday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 07 — Monday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 08 — Tuesday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 09 — Wednesday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 10 — Thursday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 11 — Friday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## **12 — Saturday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## **13 — Sunday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## **14 — Monday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## **15 — Tuesday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## **16 — Wednesday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## **17 — Thursday**

08:00 — 09:00 Fitness Circuit



The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 18 — Friday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 19 — Saturday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 20 — Sunday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 21 — Monday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 22 — Tuesday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 23 — Wednesday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 24 — Thursday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 25 — Friday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 26 — Saturday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 27 — Sunday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 28 — Monday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 29 — Tuesday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

### 30 — Wednesday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

### 31 — Thursday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## August 2025

### 01 — Friday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

### 02 — Saturday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

### 03 — Sunday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

### 04 — Monday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 05 — Tuesday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 06 — Wednesday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 07 — Thursday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 08 — Friday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 09 — Saturday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 10 — Sunday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 11 — Monday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 12 — Tuesday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 13 — Wednesday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 14 — Thursday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 15 — Friday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 16 — Saturday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 17 — Sunday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 18 — Monday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 19 — Tuesday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 20 — Wednesday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 21 — Thursday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 22 — Friday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 23 — Saturday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## **24 — Sunday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## **25 — Monday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## **26 — Tuesday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## **27 — Wednesday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## **28 — Thursday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## **29 — Friday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

### 30 — Saturday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

### 31 — Sunday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## September 2025

### 01 — Monday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

### 02 — Tuesday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

### 03 — Wednesday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

### 04 — Thursday



08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## **05 — Friday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## **06 — Saturday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## **07 — Sunday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## **08 — Monday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## **09 — Tuesday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## **10 — Wednesday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 11 — Thursday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 12 — Friday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 13 — Saturday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 14 — Sunday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 15 — Monday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 16 — Tuesday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 17 — Wednesday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 18 — Thursday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 19 — Friday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 20 — Saturday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 21 — Sunday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 22 — Monday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## **23 — Tuesday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## **24 — Wednesday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## **25 — Thursday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## **26 — Friday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## **27 — Saturday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## **28 — Sunday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 29 — Monday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 30 — Tuesday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

# October 2025

## 01 — Wednesday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 02 — Thursday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 03 — Friday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 04 — Saturday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all

fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 05 — Sunday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 06 — Monday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 07 — Tuesday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 08 — Wednesday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 09 — Thursday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 10 — Friday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 11 — Saturday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 12 — Sunday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 13 — Monday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 14 — Tuesday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 15 — Wednesday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 16 — Thursday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 17 — Friday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## **18 — Saturday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## **19 — Sunday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## **20 — Monday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## **21 — Tuesday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## **22 — Wednesday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## **23 — Thursday**

08:00 — 09:00 Fitness Circuit



The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 24 — Friday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 25 — Saturday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 26 — Sunday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 27 — Monday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 28 — Tuesday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 29 — Wednesday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

### 30 — Thursday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

### 31 — Friday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## November 2025

### 01 — Saturday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

### 02 — Sunday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

### 03 — Monday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

### 04 — Tuesday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 05 — Wednesday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 06 — Thursday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 07 — Friday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 08 — Saturday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 09 — Sunday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 10 — Monday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 11 — Tuesday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 12 — Wednesday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 13 — Thursday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 14 — Friday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 15 — Saturday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 16 — Sunday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 17 — Monday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 18 — Tuesday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 19 — Wednesday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 20 — Thursday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 21 — Friday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 22 — Saturday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 23 — Sunday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 24 — Monday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 25 — Tuesday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 26 — Wednesday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 27 — Thursday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 28 — Friday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 29 — Saturday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## **30 — Sunday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

# **December 2025**

## **01 — Monday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## **02 — Tuesday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## **03 — Wednesday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## **04 — Thursday**

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 05 — Friday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 06 — Saturday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 07 — Sunday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 08 — Monday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 09 — Tuesday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 10 — Wednesday

08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## 11 — Thursday



08:00 — 09:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

09:00 — 10:00 Fitness Circuit

The Trigg Island Silver Salties Fitness Circuit is a great way for over 65's to work on strength, fitness and balance. Designed to suit all fitness levels, exercises vary each week. Our focus is on fun, friendships and fitness!

## **12 — Friday**

No events

## **13 — Saturday**

No events

## **14 — Sunday**

No events

## **15 — Monday**

No events

## **16 — Tuesday**

No events

## **17 — Wednesday**

No events

## **18 — Thursday**

No events

## **19 — Friday**

No events

## **20 — Saturday**

No events

## **21 — Sunday**

No events

## **22 — Monday**

No events

## **23 — Tuesday**

No events

## **24 — Wednesday**

No events

## **25 — Thursday**

No events

## **26 — Friday**

No events

**27 — Saturday**

No events

**28 — Sunday**

No events

**29 — Monday**

No events

**30 — Tuesday**

No events

**31 — Wednesday**

No events