



Recreation Centre

"Making a Difference"

Gate Two, Calder Drive, Lincoln University ph (03) 423 0550 email recsuper@lincoln.ac.nz

SENIORS 2017

Age 65+

No matter what your recreation activity you wish to pursue, you can do it here. Lincoln University has a modern and very well equipped Recreation Centre for keeping fit and having fun.

Facilities include a Fitness Studio, Boxing Studio, Group Exercise Programme, Stadium, Squash Courts, Tennis Courts and Outdoor Fitness Track

\$45.00 per month

This membership includes three sessions with a fitness consultant to instruct you in the proper execution of all exercises and use of equipment upon initial joinup.

**Must be conducted before using the
Fitness Studio**



www.lincoln.ac.nz/reccentre

Facebook become our friend



**Lincoln
University**
Te Whare Wānaka O Aoraki