



Barossa Enterprises Community Gym & Fitness

Barossa Enterprises Community Gym & Fitness encourages people with a disability with being active.

As a Barossa Enterprises volunteer you can play an important role in helping in encouraging people with a disability achieve greater participation in fitness activities.

- *Support and mentor participants through their gym induction*
- *Support participants to follow their individualised programs correctly*
- *Collect gym fees and write receipts*
- *Assist with gym equipment cleaning and maintenance*
- *Lead warm up/cool down stretching*
- *Provide motivation, encouragement and sense of fun!*

For further information please contact Catherine Baylis at Barossa Enterprises on 8562 4855 or email Catherine.Baylis@barossaent.com.au