Courses Offered

**Warm Water Exercise**
Gentle classes conducted in a hydrotherapy pool with a water temperature of 30-32°C and helpful for arthritis, joint mobility or after joint replacement surgery. If you are new to exercise, you should begin with a Gentle Pace class. Non-swimmers welcome. Ai Chi classes consist of Tai Chi style movements in warm water.

**Aqua Exercise**
Held in community pools with an approximate water temperature of 27 or 28°C and faster pace than warm water exercise. Gentle Pace is suitable for those with joint problems and for beginners. Medium Pace is a faster workout for fitter people in chest deep water that aims to maintain/improve fitness.

**Abs, Butts & Thighs**
A great lower body and core stability workout that will also improve posture and balance.

**Gentle Exercise**
Low impact exercise classes (no jumping) which include cardiovascular, toning and flexibility segments. Gentle Pace offers low complexity movements including some seated exercise. Easy Pace classes are for those new to exercise or getting back into it. Exercises are low intensity with minimal choreography.

**Active Exercise**
This is for those wanting a more challenging workout than a Gentle Exercise class. Join us for a comprehensive workout to shape, tone and increase your fitness level. Look fit, feel revitalised and move with ease. Some level of fitness and coordination is required as these are not beginners’ classes.

**Pilates**
A mind-body class using mat exercises to focus on core abdominal/back muscles and posture. Not suitable for those with unstable conditions, bulging discs or osteoporosis. Must be able to get up/down from the floor with ease.

**Qigong**
A gentle practice of aligning body, breath and mind for health.

**Lift For Life®**
An evidence-based resistance training program for people with or at risk of type 2 diabetes. Suits any age and fitness level, go at your own pace.

**Courses Offered**

**Men’s MoveMENt Fitness Class**
Developed & taught by our male fitness trainers, this class challenges your fitness and strength by exercising in a circuit setting. Improve your skills, reflexes, leg, core/back and upper body strength. A great way to meet new mates.

**Strength Training**
Is a program that uses adjustable free weights and body weight exercises to improve muscle strength. Particularly recommended for those with osteoporosis. All new participants are required to start at Level 1/beginners.

**Stretch and Tone**
A class particularly suited to those who would like to maintain flexibility and muscle tone. This class is suitable for most fitness levels.

**Tap Dancing**
Feels more like fun than exercise. Low impact moves to music keep your mind, muscles and joints active. Tap shoes not essential.

**Tai Chi**
Tai Chi is a gentle revitalising way to exercise the body and relax the mind. Suitable for most fitness levels. Tai Chi Movements for Arthritis is designed to reduce joint pain and stiffness and improve quality of life. Gentle Tai Chi is a modified form that is easy and enjoyable to learn.

**Tone & Balance**
Focus on improving muscular tone, strength and balance. Chair supported options provided. Attain better overall mobility and posture.

**Upright and Active**
This is a falls prevention program for less active older adults who would like to improve balance and stability. It is tailored to individual needs and includes chair and chair-assisted exercises. Aims to improve the ability to perform daily activities, and reduce the risk of a fall.

**Yoga**
Yoga is for everyone regardless of age or fitness level. Stretch, strengthen, energise, and experience wellbeing of body and mind through movement, breathing and relaxation.

**Zumba Gold®**
This class provides modified low-impact moves for active older adults and anyone wanting an easier start to Zumba classes.
Course Fees

Courses in General
Healthy Lifestyle courses in Term 3 will run for 10 weeks.
Fee: $110 ($88 concession)
Any exceptions to these fees are marked with ** and the fee shown in the text applies.

Course Duration
Generally courses run for 60 minutes unless otherwise stated.
Aqua classes vary from 30 to 45 minutes depending on the venue.

Contents
p.4 Course Fees
p.5-10 Hornsby Ku-ring-gai courses
p.11-13 Lower North Shore courses
p.14-18 Northern Beaches courses
p.19-21 Ryde courses
p.22 Booking Conditions
p.23, 24 Course Venues
p.25 How to Enrol
p.26 Healthy Lifestyle Application Form
p.27 Healthy Lifestyle Application Form
P.28 Pulmonary & Cardiac Maintenance class

Warm Water Exercise @ Hornsby Hospital
A Healthy Lifestyle Medical Clearance Form is required from all NEW participants. Please download the form from our website or call the office to have one sent out to you.

Medium Pace
- H-A316M1 Mon 12.35pm 18 Jul-19 Sep Hornsby
- H-A316M2 Mon 5.30pm 18 Jul-19 Sep Hornsby
- H-A316M3 Mon 6.15pm 18 Jul-19 Sep Hornsby
- H-A316T Tue 12.00pm 19 Jul-20 Sep Hornsby
- H-A316T2 Tue 6.30pm 19 Jul-20 Sep Hornsby
- H-A316W Wed 6.30pm 20 Jul-21 Sep Hornsby
- H-A316R1 Thur 12.35pm 21 Jul-22 Sep Hornsby
- H-A316R3 Thur 7.00pm 21 Jul-22 Sep Hornsby

Warm Water Exercise @ Other Pools
A Healthy Lifestyle Medical Clearance Form is required from all NEW participants. Please download the form from our website or call the office to have one sent out to you.

Gentle Pace
- H-AH316R Thur 9.00am 21 Jul-22 Sep Turramurra

Aqua Exercise

Medium Pace - No medical required
- H-AR316R Thur 7.00pm 21 Jul-22 Sep Gordon
- H-AR316R1 Thur 7.45pm 21 Jul-23 Sep Gordon

(Warm Water Exercise continued page 6)
**Gentle Exercise**

**Gentle Pace**
H-EG316T Tue 12.10pm 19 Jul-20 Sep Turramurra

**Easy Pace**
H-ES316R Thur 9.15am 21 Jul-22 Sep Pennant Hills

**Active Exercise**

**Medium Pace**
H-EM316M Mon 6.00pm 18 Jul-19 Sep Turramurra
H-EM316T Tue 8.40am 19 Jul-20 Sep Turramurra
H-EM316T1 Tue 9.50am 19 Jul-20 Sep Turramurra
H-EM316R Thur 10.20am 21 Jul-22 Sep Pennant Hills
H-EM316F Fri 9.50am 22 Jul-23 Sep Turramurra

**Advanced**
H-EA316F Fri 8.40am 22 Jul-23 Sep Turramurra

**Stretch & Tone**
H-ET316M Mon 9.00am 18 Jul-19 Sep Pennant Hills

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**Strength Training**

A Healthy Lifestyle Medical Clearance Form is required from all NEW participants. Please download the form from our website or call the office to have one sent out to you.

**Beginners**
H-ST1316M Mon 12.40pm 18 Jul-19 Sep Turramurra
H-ST1316T Tue 9.00am 19 Jul-20 Sep Berowra
H-ST1316T1 Tue 12.30pm 19 Jul-20 Sep Turramurra
H-ST1316R Thur 9.00am 21 Jul-22 Sep Berowra
H-ST1316R1 Thur 10.40am 21 Jul-22 Sep Turramurra
H-ST1316F Fri 11.30am 22 Jul-23 Sep Turramurra

**Maintenance**
For those whose leader recommends moving to the next level.
H-ST2316M Mon 11.00am 18 Jul-19 Sep Turramurra
H-ST2316M1 Mon 1.45pm 18 Jul-19 Sep Turramurra
H-ST2316M2 Mon 6.00pm 18 Jul-19 Sep Turramurra
H-ST2316T Tue 2.00pm 19 Jul-20 Sep Turramurra
H-ST2316R Thur 9.30am 21 Jul-22 Sep Turramurra
H-ST2316R1 Thur 2.15pm 21 Jul-22 Sep Turramurra
H-ST2316F Fri 12.40pm 22 Jul-23 Sep Turramurra

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**Pilates**
H-EP316M Mon 10.10am 18 Jul-19 Sep Pennant Hills

Although every effort is made to adhere to this program, Healthy Lifestyle retains the right to cancel or change arrangements without notice.

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**Tai Chi Movements for Arthritis**

**Beginner through Intermediate**
H-TAB316R Thur 11.45am 21 Jul-22 Sep Hornsby

**Tai Chi**

**All Levels**
H-TC316T Tue 10.00am 19 Jul-20 Sep Turramurra
H-TC316T1 Tue 11.00am 19 Jul-20 Sep Turramurra
H-TC316W Wed 11.00am 20 Jul-21 Sep Turramurra

**Gentle Tai Chi**
H-TC316M Mon 11.45am 18 Jul-19 Sep Pymble

**Upright & Active**

A Healthy Lifestyle Medical Clearance Form is required from all NEW participants. Please download the form from our website or call the office to have one sent out to you.

If you would like a book to use at home please add $7 to your payment.
H-F316M Mon 3.00pm 18 Jul-19 Sep Turramurra
H-F316T Tue 9.00am 19 Jul-20 Sep Lindfield
H-F316T1 Tue 10.00am 19 Jul-20 Sep Lindfield
H-F316F Fri 9.30am 22 Jul-23 Sep Lindfield

See p.4 for information on course fees.
### Lower North Shore

#### Beginners 1 hour

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#### 1 hour

**1.5 hours $165 ($132 conc)**

**Note:** Tue, Thurs start dates

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**See p.4 for information on course fees.**

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### Yoga

#### Beginners 1 hour

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**1.5 hours $165 ($132 conc)**

**Note:** Tue, Thurs start dates

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### Stretch & Tone

#### Easy Pace

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<tr>
<td>L-ES316F</td>
<td>Fri</td>
<td>10.15am</td>
<td>22 Jul-23 Sep</td>
<td>Willoughby</td>
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#### Active Exercise

#### Medium Pace

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#### Zumba Gold

**45 minutes**

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### Easy Pace

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<td>L-ET316M1</td>
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### Gentle Pace

- **Includes chair based and chair assisted exercises**

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If you would like a book to use at home please add $7 to your payment.

<table>
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### Yoga

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### Gentle Tai Chi

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See p.4 for information on course fees.
Strength Training

A Healthy Lifestyle Medical Clearance Form is required from all NEW participants. Please download the form from our website or call the office to have one sent out to you.

Level 1

L-ST1316T Tue 2.35pm 19 Jul-20 Sep Lane Cove
L-ST1316W Wed 10.00am 20 Jul-21 Sep Lane Cove

Level 2

For those whose leader recommends moving to the next level.

L-ST2316M1 Mon 10.10am 18 Jul-19 Sep Lane Cove
L-ST2316T Tue 1.30pm 19 Jul-20 Sep Lane Cove
L-ST2316W1 Wed 6.10pm 20 Jul-21 Sep Lane Cove
L-ST2316R Thu 9.50am 21 Jul-22 Sep Lane Cove
L-ST2316R1 Thu 11.30am 21 Jul-22 Sep Lane Cove

Level 3

For those whose leader recommends moving to the next level.

L-ST3316M Mon 9.00am 18 Jul-19 Sep Mona Vale
L-ST3316M1 Mon 10.30am 18 Jul-19 Sep Mona Vale
L-ST3316M2 Mon 5.00pm 18 Jul-19 Sep Mona Vale
L-ST3316T Tue 10.55am 19 Jul-20 Sep Mona Vale
L-ST3316T1 Tue 12.00pm 19 Jul-20 Sep Mona Vale
L-ST3316R Thu 8.45am 21 Jul-22 Sep Mona Vale
L-ST3316R1 Thu 11.15pm 21 Jul-22 Sep Mona Vale

Level 4

**$175.00 (no concession)**
For those whose leader recommends moving to the next level.

L-ST4316T Tue 9.15am 19 Jul-20 Sep Artarmon

Men's MoveMENt
Fitness Class

L-STM316T1 Tue 7.45am 19 Jul-20 Sep Lane Cove

See p.4 for information on course fees.
Abs, Butts & Thighs
N-EB316W Wed 8.30am 20 Jul-21 Sep Avalon

Qigong
N-EQ316W Wed 9.30am 20 Jul-21 Sep Cromer

Stretch & Tone
N-ET316W Wed 9.00am 20 Jul-21 Sep Warriewood
N-ET316R Thur 5.30pm 21 Jul-22 Sep Forestville

Tap Dancing
No black soled shoes, taps to be firmly secured.

Beginners
N-TD316R Thu 9.00am 20 Jul-21 Sep Avalon
N-TD316M Mon 9.15am 18 Jul-19 Sep Avalon

Intermediate (some experience required)
N-TD316M Mon 10.30am 18 Jul-19 Sep Avalon

Tone & Balance
N-TB316R Thur 9.30am 21 Jul-22 Sep Warriewood

Strength Training
A Healthy Lifestyle Medical Clearance Form is required from all NEW participants. Please download the form from our website or call the office to have one sent out to you.

Beginners
N-ST1316M Mon 10.30am 18 Jul-19 Sep Avalon
N-ST1316W Wed 10.20am 20 Jul-21 Sep Warriewood
N-ST1316R Thur 10.20am 21 Jul-22 Sep Freshwater
N-ST1316R1 Thur 8.00am 21 Jul-22 Sep Avalon

Maintenance
N-ST2316M Mon 8.15am 18 Jul-19 Sep Avalon
N-ST2316M1 Mon 9.20am 18 Jul-19 Sep Avalon
N-ST2316T Tue 9.15am 19 Jul-20 Sep Freshwater
N-ST2316T1 Tue 10.20am 19 Jul-20 Sep Freshwater
N-ST2316W Wed 7.30am 20 Jul-21 Sep Avalon
N-ST2316W1 Wed 9.15am 20 Jul-21 Sep Warriewood
N-ST2316R Thur 9.15am 21 Jul-22 Sep Freshwater

Tai Chi
All Levels
N-TC316W Wed 9.30am 20 Jul-21 Sep Avalon

Beginners
N-TC316R3 Thur 11.30am 21 Jul-22 Sep Forestville

Intermediate (some experience required)
N-TC316R2 Thur 10.30am 21 Jul-22 Sep Forestville

Zumba Gold
45 minutes Thur class 9 weeks **Fee $99 ($79 concession)**
N-EZ316T Tue 9.30am 19 Jul-20 Sep Forestville
N-EZ316R Thur* 10.30am 28 Jul-22 Sep Collaroy

Yoga
N-Y316M Mon 10.15am 18 Jul-19 Sep Warriewood

Although every effort is made to adhere to this program, Healthy Lifestyle retains the right to cancel or change arrangements without notice.

See p.4 for information on course fees.
### Aqua Exercise @ Ryde Aquatic Centre

**No Medical Clearance Form is required.**

**Fee for these classes are **$94 ($75 concession)***

An entry fee is payable at this pool – please ask about a multi-visit card.

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### Warm Water Exercise @ Alan Walker Village

**A Healthy Lifestyle Medical Clearance Form is required from all NEW participants. Please download the form from our website or call the office to have one sent out to you.**

**Fees for these classes are **$128 ($103 concession)***

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### Warm Water Exercise @ Royal Rehab

**A Healthy Lifestyle Medical Clearance Form is required from all NEW participants. Please download the form from our website or call the office to have one sent out to you.**

**Fees for these classes are **$130 ($110 concession)***

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### Maintenance

For those whose leader recommends moving to the next level.

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### Warm Water Exercise @ Royal Rehab

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### Lift for Life®

**A Healthy Lifestyle Medical Clearance Form is required from all NEW participants. Please download the form from our website or call the office to have one sent out to you.**

**Fees for these classes are **$130 ($110 concession)***

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### Stretch & Tone

**Easy Pace**

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### Lift for Life®

**A Healthy Lifestyle Medical Clearance Form is required from all NEW participants. Please download the form from our website or call the office to have one sent out to you.**

**Fees for these classes are **$130 ($110 concession)***

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See p.4 for information on course fees.
Course Venues

Artarmon  
Plus Fitness, 2A Broughton Road, (parking on Hampden Lane).

Avalon  
Avalon Recreation Centre, 59A Old Barrenjoey Road.  
1The Annex (next to Avalon Recreation Centre).

Berowra  
Community Health Centre, 123 Berowra Waters Road.

Carlingford  
Alan Walker Village, Dalmatian Place.

Chatswood  
Seventh Day Adventist Church,  
Cnr Johnson & Devonshire Streets.  
1Chatswood Youth Centre,  
Cnr Albert Avenue & Victor Street.  
2Chatswood Bowling Club,  
655 Pacific Highway (enter off Gordon St).

Collaroy  
Collaroy Swim Club  
Collaroy Beach SLSC (enter beachside southern end)  
1056 Pittwater Road.

Cromer  
Cromer Community Centre  
150 Fisher Road (North).

Eastwood  
Denistone East Uniting Church, 17 Acacia Street.

Forestville  
Forestville Senior Citizens Centre, (meeting room)  
Cnr Warringah Rd & Starkey St.  
1Forestville Memorial Hall, 3 Starkey St.  
2Forestville Youth Centre, Melwood Ave (behind RSL).

Freshwater  
Freshwater Surf Life Saving Club, Kooloora Avenue.

Gordon  
Ravenswood School, Ravenswood Avenue.

Hornsby  
Hornsby Ku-ring-gai Hospital,  
Palmerston Road.  
1Library, 28-44 George Street.

Killarney  
Killarney Swim Centre, 14 Tralee Avenue.

Lane Cove  
LCM Churches,  
Finlayson Street (just off Rosenthal).  
1Lane Cove Bowling and Recreation Club  
151 Burns Bay Road.

Lindfield  
Ku-ring-gai Seniors Centre, 259 Pacific Highway.  
1Lindfield Gardens, 2 Ulmarra Place.

Longueville  
Longueville Uniting Church, 47A Kenneth Street.

Manly  
Manly Senior Citizens Centre,  
Corner Pittwater & Balgowlah Roads.

Mona Vale  
Mona Vale Hospital, Coronation Street.

Mosman  
Mosman Square Seniors’ Centre,  
Civic Square, Military Road.

North Ryde  
Conference Room 2, Macquarie Hospital,  
Enter from Cox’s Road into Manning Road then left into The Drive for parking.  
1Emily’s Manning Rd, Macquarie Hospital,  
2North Ryde Community Church, 2 Cutler Parade.

Pennant Hills  
Community Health Centre, 5 Fisher Avenue.

Pymble  
Uniting Church,  
Cnr Pacific Highway & Livingstone Avenue.

Ryde  
Ryde Aquatic Centre, 504 Victoria Road.  
1Ryde Congregational Church, 327 Blaxland Road.  
2Royal Rehab, 235 Morrison Road, Ryde.

St Leonards  
RNS Community Health Centre  
Ground floor  
2C Herbert Street.  
1RNSH ASB Building  
Level 5, 5D/5E (Yellow Lifts).

Terrey Hills  
Terrey Hills Swim School, 31 Myoora Road.

Turrumurra  
Hillview Community Health Centre, 1334 Pacific Hwy.  
1St James Church, King Street.  
2381 Bobbin Head Road, Huon Park.

Warrie wood  
Nelson Heathcentre, 4 Jacksons Road.

Willoughby  
Willoughby Park Bowling Club, Robert Street.

Concessions:  
A 20% concession is given to those on a full government aged pension,  
disability pension, health care card, DVA and to staff of Northern Sydney  
Local Health District. We regret we do not accept NSW State Seniors’  
Cards.

Refunds, Credits and Cancellations:  
Healthy Lifestyle does not accept responsibility for participants’ non  
attendance of classes due to changes in personal or business  
circumstances/commitments during the term. Instead, participants are  
allowed a maximum of 2 make-up classes in the term in which they are  
enrolled where an alternative is available, with permission of the other  
class leader. Credit will not be issued for classes missed due to personal  
circumstances/commitments so please make your enrolment decisions  
carefully.

If Healthy Lifestyle cancels a course and a suitable alternative is not  
available, a full refund of your course fee will be issued. Please allow 4 to 6  
weeks for processing.

Participants who withdraw from a course before it begins will not receive a  
refund unless notice is received at least 5 working days prior to the  
commencement of the course. An administration fee of $20 per course will  
be charged for processing refunds.

If an individual class is cancelled due to leader illness or a venue problem,  
we encourage participants to take a make-up class. Credit will not be  
issued if the opportunity of a make-up class is available.

In the event you are unwell and unable to attend a class the Manager of  
Healthy Lifestyle may consider a credit or a refund. Applications must be  
made in writing to the Manager Healthy Lifestyle and supporting  
documentation such as a medical certificate and the attendance card will be  
required. Each case will be assessed on its merits and the Manager’s  
determination will be final. A $20 administration fee will apply for each  
course.
### HEALTHY LIFESTYLE – APPLICATION FORM

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<td>(Mobile)</td>
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<td>Email / Fax</td>
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<td>Are you of Aboriginal OR Torres Strait Islander origin?</td>
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**Concession Card Number**

**NSLHD employees ONLY:**

**Pay Cheques/Money Orders to:**
Northern Sydney Local Health District and post to Healthy Lifestyle, Locked Bag 2220, North Ryde, NSW 1670

**Or FAX form with CREDIT CARD details to 8877 5339**

**AMOUNT:** $________________________

**Card Check Value (CCV)**

**Credit Card:**
- Mastercard
- Visa

**Name on Card (print):**

**Authorisation (sign):**

Your submission of this application indicates your acceptance of the Healthy Lifestyle Booking Conditions on Page 22.
Pulmonary & Cardiac Maintenance Class

- Have you completed a pulmonary or cardiac rehabilitation program?
- Are you keen to maintain your fitness in a fun and safe environment?

Perhaps our ‘Lungs in Action’ course is right for you!

Classes are 1 hour long and courses run for 10 weeks.
Cost: $110 ($88 concession).

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About the course:
Classes are safe for people with stable chronic lung conditions who have completed a pulmonary rehabilitation program and also suitable for people with stable NYHA Class II and III Heart Failure who have completed heart failure rehabilitation.

Exercise professionals who have been specially trained in exercising people with lung disease and heart failure run the classes. These classes are suitable for those using supplemental oxygen and/or walking frames. Each exercise has seated options available.

All classes follow the guidelines set by The Australian Lung Foundation’s Lungs in Action training.

For more information about eligibility please call:

Healthy Lifestyle
8877 5300