

Wellness Program - Timetable

Exercise For Over 50's

MOVE IT OR LOSE IT



Connect with us



About Us



S.H.A.R.E

Self-Help Action Responsibility & Enrichment

Built on our expertise, experience and reputation we offer affordable, friendly, flexible and educational exercise classes in non-threatening settings through our accredited fitness Instructors. Classes are targeted to reduce the impact of some lifestyle-related chronic diseases and other factors that impacts our lives: We encourage everyone over 50 to join one of our fun and social exercise group classes to stay active, healthy, and enjoy quality of life.



Vision
Our vision is empowered, Australia wide, healthy communities.

Mission
We assist people in their health management of complex conditions through exercise and education. We offer a range of affordable and varied exercise and education classes and programs which are responsive, practical and inclusive.

Values Compassion, Focused, Innovation, Evidence- based, Inclusiveness & Trust

Purpose
Is to build and sustain communities through a focus on holistic health and care, well-being services and rehabilitation through delivering preventative programs

Diabetes Management	High Blood Pressure	Depression	Mental Health	Loneliness/Social Isolation	Wellbeing & Happiness
Arthritis, Osteoarthritis & Rheumatoid Arthritis	Joint Pain and Restriction Musculoskeletal	Psychological Distress	Better Balance, Mobility & Falls Prevention	Low Energy & Nutrition	Management of Chronic Disease
Boost Concentration	Weight Control/ Obesity Improve Cholesterol	Cardiovascular Bones/Muscles	Cognitive Impairment	Quit Smoking	Rehabilitation from Injury/ Post Operation

☎ 02 8580 0628

@info@share.org.au 🌐 share.org.au

📍 Head Office Suite 1 A, 124 Forest Rd Hurstville 2220

Important Information

SHARE classes are conducted during school terms. Classes also do not run during public holidays

All fees must be paid in advance by the closing date. Instructors cannot accept your enrolment fee at the class. All cash payments must be paid at the SHARE Head office

Credit can only be transferred to the following term due to medical reason medical certificate is required
SHARE reserves the right to move, postpone and cancel any classes

How to Enrol

Enrolment & Pre-activity questionnaire (PAQ) forms must be filled out in full

You can download these two forms from our website or call the office for a hard-copy.

This will need to be sent back to office via email, mail or hand deliver to head office.

How to Pay

- **Visa/Master Card:**
NO American Express
- **Direct Deposit:**
St George Bank
Name: SHARE SMR INC
BSB: 112 879
Acc Number: 055 467 062
- **Cheque/Money Order:**
Made Payable to SHARE
- **Cash payment:**
Accepted in office only



Wellness Calendar

Classes are held from Monday to Saturday during school terms

Start your exercise with a **FREE** trial class



Active & Fit	Computer & IT	Walking Buddies	Gentle & Specialised	Strong & Active	Tea & Talk
Art As Therapy	Nutrition	Fitter & Stronger	Line Dancing	Strength, Stretch & Relax	Yoga/ Gentle Yoga
Aqua Aerobic	Living Longer Living Stronger	Gentle Aqua	Relax & Unwind	Tai Chi	Zumba Gold

Social & Health Programs

Class Type	Venue	Day and Time	Class Number
Gentle Exercise The Rocks	The Rocks KGV Recreation Centre	Mon 11:00am	C1
Gentle Exercise Alexandria	Cliff Noble Community Centre	Tues 11:00am	Bayside Council
Stepping On Falls Prevention	TBA	10 Weeks	C4
Art as Therapy Kogarah	TBA	Thurs Duration 1 Hour	C5
Tea & Talk Hurstville	Head Office Suit 1 A, 124 Forest Rd	TBC	C6
Zumba Eastlakes	Alf Kay Centre 2 Florence Ave	Fri 10:00 am	Bayside Council

Social & Health Program (Continued)

Class Type	Venue	Day and Time	Class Number
Computer Savvy on the Net	Head Office Suit 1 A, 124 Forest Rd	Tuesday 10 am Duration 2 Hours	C8
Walking Buddies	Various Locations	Fri 9:30 am Duration 1 Hour	C10
Art as Therapy	TBA	Tuesday 10:00 am Duration 2 Hour	C11



Fitter & Stronger: Duration 1 Hour

Designed to improve your strength, fitness, flexibility and balance. Challenge your total body fitness while having fun. Includes warm-up, aerobics, and strength exercises using resistance equipment, cool-down and relax. The main physical benefits of exercise are improved aerobic capacity, increases in muscle size / strength, and more efficient processing of glucose in the blood.

Strong & Active: Duration 1.5 Hour

A more intense workout class that includes a warm-up, aerobics, strength, core stability exercises, cool-down with stretch and relaxation. Active exercises help strengthen the communication between the brain and body for increased movement. Immediate and continuous rehabilitation exercises are key in a survivor's progress after stroke.

It's so easy to put exercise and activity to the bottom of your long to-do list – you need to “move it or lose it” join and have some fun!

Strength, Stretch & Relax: Duration 1 Hour

A fun class that includes an easy warm-up, whole body strength and stretching exercises, balance and relaxation. A great way to improve muscle strength, balance and range of movement. You will also learn how to relax your body and reduce stress.

Tai Chi: Duration 1 hour

Participants work within their own comfort zone and will always learn new skills, it is slow and gentle and doesn't leave you breathless, it addresses the key components of fitness — muscle strength, flexibility, balance, movement and concentration. Discover how to create positive energy - your mind and body and many other health benefits.

Gentle/Specialised Classes: Duration 1 Hour

These classes are specifically designed to meet your needs to keep you active, independent and strong. Join and have fun, friendship and dance your way to a healthy body – balance, strength and mobility.

Relax & Unwind: Duration 1 Hour

Designed to improve flexibility, lower blood pressure and better night's sleep. Classes include a warm up, slow movement, long relaxation component incorporating breathing exercises.

Active & Fit: Duration 1 Hour

Low-impact aerobics and core strength exercises, with warm-up, stretching and cool-down. A fun and simple way to stay fit and active while improving your fitness and core stability.

Yoga: Duration 1 Hour

Yoga offers the space to slow your mind down and restore a sense of balance. Your body goes through a full range and variety of motion that can counteract aches and pains associated with tension or poor postural habits. Designed to help with breathing techniques, stretching exercises and deep relaxation to reduce anxiety, increase mobility, enhance memory, increased focus, improve sleep, ease depression, and achieve calmness and mental clarity. Simple breathing and stretching exercises that can be done on a mat or sitting in a chair.

Wear comfortable clothes and socks, and bring your own mat or towel.

Zumba Gold: Duration 1 Hour

A modified Zumba class that recreates the original moves you love at a lower-intensity. Easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. **It was designed with older people in mind and is perfect for anyone who wants to burn calories and strengthen their muscles, all while enjoying a bit of a boogie, it's fun and mood-boosting with** numerous health benefits, both mental and physical, and is one of the most popular exercises among women.

Aqua Aerobics: Duration 45 mins

Engages the body to continuously move to keep its balance and muscle fibers engage more due to water's consistent resistance. Led by our energetic and knowledgeable Instructors, the group is put through their paces to ensure they raise their heartbeats and a low impact workout develops cardiovascular endurance. The best thing about water aerobics, there is no impact to bones or joints and you can work yourself as hard or as easy as you wish so it's suitable even if you have an injury or ailment.

Gentle Aqua: Duration 45mins

Looking for a follow-up to physiotherapy or rehabilitation, this is an excellent class providing a safe form of exercise for people with limited mobility and joint or muscle pain. Water has a relaxing effect on the body and can decrease blood pressure, tension and pain and allows you to move and work at your own pace. Class includes a warm-up aerobics, strength, balance, cool-down and stretching.

Note: Swimming skills are not required for these classes.

Living Longer Living Stronger: Duration 1 hour

Living Longer Living Stronger is a progressive strength and balance program designed to improve your strength, balance and mobility. This is also a falls prevention class with progressive strength and balance training for improving functional capacity, reducing frailty and falls. We have many different classes running including a variety of multicultural classes!



CLASS	VENUE	DAY	CLASS NUMBER
Fitter & Stronger @ Oatley	Oatley RSL 23 Letitia St	Friday 9:00 am	SUM 201
Fitter & Stronger @ Oatley	Oatley RSL 23 Letitia St	Friday 10:00 am	SUM 202
Strength, Stretch & Relax @ Oatley	Oatley RSL 23 Letitia St	Wed 10:00 am	SUM 203
Fitter & Stronger @ Glebe	St Helen's Community Centre	Thurs 9:00am	SUM 208
Zumba @ Kogarah	Kogarah School of Arts Cnr Queens Ave & Bowns Rd	Wed 9:30 am	SUM 205
Yoga @ Kogarah	Kogarah School of Arts Cnr Queens Ave & Bowns Rd	Wed 10:30 am	SUM 206
Living Longer Living Stronger @ Kogarah	Kogarah School of Arts Cnr Queens Ave & Bowns Rd	Wed 11:45am	SUM207

Please Note: Some classes may not be on this timetable, if you wish to attend a class in near you please contact us on 8580 0628.

Fitter & Stronger



Venue & Address	Day & Time	Class Number
St John's Anglican Church ASHFIELD 64 Bland St	Wed 5:45 pm	1A
St John's Anglican Church ASHFIELD - 64 Bland St	Tues 9:30 am	1D
St Luke's Anglican Church CONCORD - 17 Burton St	TBA	1C
* Woodstock Community Centre BURWOOD 22 Church St	Tue 10:00 am	1T
Senior Citizens Centre EARLWOOD - 362 Homer St	Mon 12:30 pm	1E
St Helens Community Centre - Level 2 GLEBE - 184 Glebe Point Rd	Thurs 8:00 am	1F
St Helens Community Centre - Level 2 GLEBE - 184 Glebe Point Rd	Thurs 9:00 am	1U
*Kogarah School of Arts KOGARAH -Cnr Queens Ave & Bowns Rd	TBA	1H

*Subsidised by Burwood Council – Class Duration 1 Hour.

Fitter & Stronger: (Continued)



Venue & Address	Day & Time	Class Number
St Matthews Church PEAKHURST - 4a Whitegates Ave	Wed 9:00 am	1i
St Matthews Church PEAKHURST - 4a Whitegates Ave	Thurs 10:15 am	1L
Penshurst Anglican Church Penshurst 2 Carrington St	TBA	1J
Penshurst Anglican Church Penshurst 2 Carrington St	TBA	1K
RSL Club (Downstairs) OATLEY – 23 Letitia St	Fri 9:30 am	1M
RSL Club (Downstairs) OATLEY – 23 Letitia St	Fri 8:30 am	1R
** STRATHFIELD Community Centre STRATHFIELD –1B Bates St	Thurs 10:00 am	1W

*Subsidised by Georges River Council.

**Subsidised by Strathfield Council.

Strong & Active



Venue & Address	Day & Time	Class Number
Senior Citizens Centre CARINGBAH – 376-382 Port Hacking Rd	Thurs 11:00 am	2A
Baptist Church BEVERLY HILL - 9 Warrawee Place	TBA	2B
RSL Club Auditorium PENSHURST - 58 A Penshurst St	TBA	2C
Sylvania Community Centre SYLVANIA - 18/30 Canberra Rd	Fri 10:00 am	2D

Please Note: Some classes may not be on this timetable, if you wish to attend a class near you please contact us on **8580 0628**.

Class Duration: Varies 1hr to 1.5 hr.

Strength, Stretch & Relax

Venue & Address	Day & Time	Class Number
Beverly Hills Baptist Church BEVERLY HILLS – 9 Warrawee Pl	Wed 10:00 am	3A
ANZAC Oval ENGADINE 111 R Anzac Ave	Wed 11:00 am	3G
*Calvary Hospital KOGARAH 91– 111 Rocky Point Rd	TBA	3H
St Matthews Church PEAKHURST – 4a Whitegates Ave	Thurs 11:30 am	3B
Oatley RSL Club – (1st Floor) OATLEY - 23 Letitia St	Tues 12:30 pm	3C
Oatley RSL Club - (1st Floor) OATLEY –23 Letitia St	Wed 10:30 am	3D
Oatley RSL Club (Sport Room, Downstairs) OATLEY – 23 Letitia St	Fri 10:30 am	3F
Ron Williams Centre REDFERN 5-11 Kepos St	TBA	3K
Mortdale RSL MORTDALE – 25 Macquarie Place	TBA	3L

*Subsidised class- Class Duration 1 Hour

Please Note: Some classes may not be on this timetable, if you wish to attend a class near you please contact us on **8580 0628**.

Tai Chi



Venue & Address	Day & Time	Class Number
Neighbourhood Centre ANNANDALE – 79 Johnston St	Tues 11:45 am	4P
Concord Seniors Centre CONCORD – 11 Wellbank St	Tues 10:30 am	4B
Oatley RSL Club - (1st Floor) OATLEY –23 Letitia St	Mon 1:30 pm	4V
Oatley RSL Club - (1st Floor) OATLEY –23 Letitia St	Mon 2:30 pm	4W
Oatley RSL Club - (1st Floor) OATLEY –23 Letitia St	Mon 3:30 pm	4X
Seniors Centre Intermediate DULWICH HILL – 14 Seaview St	TBA	4D
St Marks Church BRIGHTON-LE-SANDS - 1-3 Trafalgar St	Wed 9:00am	C13

Tai Chi (Continued)



Venue & Address	Day & Time	Class Number
Morton Park LEWISHAM - 52 Gould Ave	Fri 9:00 am	4K
Miranda Community Centre Beginners Class MIRANDA - Karimbla Rd	Fri 10:00 am	4H
Enmore Park MARRICKVILLE - Enmore Rd	Sat 9:00 am	4Q
Redfern Park REDFERN - Cnr Redfern & Chalmers St	Wed 11:00 am	4R
Tai Chi in the Park TEMPE -Kendrick Park	TBA	4S
Alf Kay Eastlakes Community Hall EASTLAKES – 2 Florence Ave	Tues 11:00am	4U

Please Note: Some classes may not be on this timetable, if you wish to attend a class in near you please contact us on **8580 0628**.

Gentle/Specialised Classes



Venue & Address	Day & Time	Class Number
Cliff Noble Community Centre ALEXANDRIA 24-26 Suttor St	Tues 11:00 am	7E
Cliff Noble Community Centre ALEXANDRIA 24-26 Suttor St	Thurs 10:00 am	7G
* Woodstock Community Centre BURWOOD - 22 Church St	TBA	7C
* Woodstock Community Centre BURWOOD - 22 Church St	TBA	7D
Seniors Centre - Men Only Class CONCORD - 11 Wellbank St	TBA	7A
St George Motor Boat Club (Sapphire Room)- SANS SOUCI - 2 Wellington St	TBA	7B

*Subsidised by Burwood Council. Class Duration 1 Hour.

Please Note: Some classes may not be on this timetable, if you wish to attend a class near you please contact us on **8580 0628**.

Relax & Unwind



Venue & Address	Day & Time	Class Number
Oatley RSL Club (Downstairs) OATLEY 23 Letitia St	Fri 12:30 pm	8B

Active & Fit

Venue & Address	Day & Time	Class Number
Hannaford Community Centre ROZELLE 608 Darling St	Mon 9:00 am	9A
Hannaford Community Centre ROZELLE 608 Darling St	Mon 10:00 am	9B
Mortdale RSL Club (Macquarie Room 1st Floor) MORTDALE – 25 Macquarie Pl	Mon 2:30 pm	9C

Please Note: Some classes may not be on this timetable, if you wish to attend a class near you please contact us on **8580 0628**.

Class Duration 1 Hour.

Yoga



Venue & Address	Day & Time	Class Number
Woodstock Community Centre - Fitzroy Hall- BURWOOD – 22 Church St	TBA	14B
*Kogarah School of Arts KOGARAH - Cnr Queens Ave & Bowns Rd	Wed 9:30 am	14A

Zumba Gold

Venue & Address	Day & Time	Class Number
*Kogarah School of Arts KOGARAH - Cnr Queens Ave & Bowns Rd	Wed 9:30 am	14C
*Kogarah School of Arts KOGARAH - Cnr Queens Ave & Bowns Rd	Wed 10:30 am	14D

***Subsidised by Georges River Council. Class Duration 1 Hour.**

Please Note: Some classes may not be on this timetable, if you wish to attend a class near you please contact us on **8580 0628**.

Aqua Aerobics



Venue & Address	Day & Time	Class Number
Peakhurst West Public School Moderate Intensity- PEAKHURST - Ogilvy St	TBA	13A
Peakhurst West Public School Moderate Intensity PEAKHURST -Ogilvy St	TBA	13B
Enfield Aquatic Centre - Moderate Intensity - ENFIELD - 8 Portland St	TBA	13C
Enfield Aquatic Centre -Moderate Intensity - ENFIELD - 8 Portland St	TBA	13D

***Please Note:** Classes maybe subject to change as per the Pandemic guidelines by NSW Government

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Class Duration 45 mins.

Gentle Aqua

@ Japara Aged Care Home, 2 Reading Rd, Brighton-Le-Sands

Level / Class Type	Day & Time	Class Number
Level 1 = Low to Moderate Intensity Women Only	Tues 2:00 pm	11A
Level 1 = Low to Moderate Intensity Women Only	Tues 3:00 pm	11B
Level 1 = Low to Moderate Intensity Women Only	Wed 2:00 pm	11C
Level 1 = Low to Moderate Intensity Women Only	Wed 3:00 pm	11D

@ Swimmerz Academy, 19 Wurrook Circuit, Caringbah

Level / Class Type	Day & Time	Class Number
Level 1 = Low to Moderate Intensity Women and Men	Wed 12:00 pm	15A
Level 1 = Low to Moderate Intensity Women and Men	Fri 12:00 pm	15B

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Class Duration 45 mins.

Gentle Aqua

*RPA Hospital Hydrotherapy Pool – QEII Building Missenden Rd, Camperdown

Level & Class Type	Day & Time	Class Number
Level 1 = Low to Moderate Intensity Women and Men	TBA	5A
Level 2 = Moderate Intensity Women and Men	TBA	5B
Level 2 = Moderate Intensity Women and Men	TBA	5C
Level 1 = Low to Moderate Intensity Women and Men	TBA	5D
Level 2 = Moderate Intensity Women and Men	TBA	5E
Level 2 = Moderate Intensity Women and Men	TBA	5F
Level 1 = Low to Moderate Intensity Women and Men	TBA	5G
Level 2 = Moderate Intensity Women and Men	TBA	5H
Level 2 = Moderate Intensity Women and Men	TBA	5i
Level 1 = Low to Moderate Intensity Women and Men	TBA	5J

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Class Duration 45 mins.

Gentle Aqua: (Continued)

*RPA Hospital Hydrotherapy Pool – QEII Building Missenden Rd, Camperdown

Level / Class Type	Day & Time	Class Number
Level 2 = Moderate Intensity Women and Men	TBA	5K
Level 2 = Moderate Intensity Women and Men	TBA	5L
Level 1 = Low to Moderate Intensity Women and Men	TBA	5M
Level 2 = Moderate Intensity Women and Men	TBA	5N
Level 2 = Moderate Intensity Women and Men	TBA	5O
Level 1 = Low to Moderate Intensity Women and Men	TBA	5P
Level 2 = Moderate Intensity Women and Men	TBA	5Q
Level 2 = Moderate Intensity Women and Men	TBA	5R
Level 1 = Low to Moderate Intensity Women and Men	TBA	5S
Level 2 = Moderate Intensity Women and Men	TBA	5T
Gentle Aqua – Health Aboriginal	TBA	C3

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Class Duration 45 mins.

Gentle Aqua

*Canterbury Hospital Hydrotherapy Pool – Canterbury Rd, Campsie

Level / Class Type	Day & Time	Class Number
Level 1 = Low to Moderate Intensity Women Only	TBA	6A
Level 2 = Moderate Intensity Women and Men	TBA	6B
Level 2 = Moderate Intensity Women Only	TBA	6C
Level 2 = Moderate Intensity Women Only	TBA	6D
Level 1 = Low to Moderate Intensity Women Only	TBA	6L
Level 1 = Low to Moderate Intensity Women and Men	TBA	6E
Level 1 = Low to Moderate Intensity Women and Men	TBA	6F
Level 2 = Moderate Intensity Women Only	TBA	6G
Level 1 = Low to Moderate Intensity Women Only	TBA	6H
Level 2 = Moderate Intensity Women and Men	TBA	6i
Level 1 = Low to Moderate Intensity Women Only	TBA	6J

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Class Duration 45 mins.

Gentle Aqua

@ St George Hospital Hydrotherapy Pool – South St, Kogarah

PLEASE NOTE: St George Hospital requirements.

Everyone must wear rubber-soled shoes when entering the pool area & change rooms. Street shoes are not to be worn within the pool area and must be changed to rubber-soled shoes prior to entry.

Level & Class Type	Day & Time	Class Number
Level 1 = Low to Moderate Intensity Women and Men	Mon 12:00 pm	10A
Level 1 = Low to Moderate Intensity Women and Men	Mon 12:45 pm	10B
Level 1 = Low to Moderate Intensity Women and Men	Wed 12:00pm	10F
Level 1 = Low to Moderate Intensity Women and Men	Wed 12:45pm	10G
Level 1 = Low to Moderate Intensity Women and Men	Thurs 4:30 pm	10E
Level 1 = Low to Moderate Intensity Women and Men	Thurs 5:15 pm	10H
Level 2 = Moderate Intensity Women and Men	Fri 12:00 pm	10C
Level 2 = Moderate Intensity Women and Men	Fri 12:45 pm	10D

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Class Duration 45 mins.

Living Longer Living Stronger



Venue & Address	Day & Time	Class Number
EASTLAKES COMMUNITY HALL 2 FLORENCE AVE EASTLAKES 2018	Tues 10:00am	LLLS1
KOGARAH SCHOOL OF ARTS CNR QUEENS AVE & BOWNS RD	Wed 10.30am	LLLSC
KOGARAH SCHOOL OF ARTS CNR QUEENS AVE & BOWNS RD	Wed 11:45am	LLLS3
WOODSTOCK COMMUNITY CENTER 22 CHURCH STREET BURWOOD 2134	Mon 9:00am	LLLS4
ST PATRICKS GREEN 40 CHAPEL STREET KOGARAH 2217	Wed 10:30am	LLLS2
CLIFF NOBLE COMMUNITY CENTRE 24-26 SUTTOR STREET ALEXANDRIA 2015	Thurs 10:00 am	LLLS5

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Class Duration 1hr

Living Longer Living Stronger (Continued)

Venue & Address	Day & Time	Class Number
RAIN MULTICULTURAL GROUP 501 FOREST RD PENSURST 2222	Mon 10:45am	LLLSR
RAIN MULTICULTURAL GROUP 501 FOREST RD PENSURST 2222	Tues 10:45am	LLLSR
SUTHERLAND SENIOR CENTRE 749 OLD PRINCES HWY SUTHERLAND 2232	Tues 9:00am	LLLS7
RON WILLIAMS COMMUNITY CENTRE 5/11 KEPOS ST REDFERN 2016	Fri 10:00am	LLLS8
ST HELENS COMMUNITY CENTRE 184 GLEBE POINT RD, GLEBE 2037	Wed 2.00pm	LLLS6
ST MARK COPTIC CHURCH 72 WOLLONGONG RD, ARNCLIFFE 2205	Wed 11:00am	LLLS11
MISSION AUSTRALIA – MIRANDA 131-139 KARIMBLA RD, MIRANDA 2228	Tues 2:00pm	LLLS9
MISSION AUSTRALIA – CONCORD 24 GIPPS ST, CONCORD 2137	Wed 3:00pm	LLLS10

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Class Duration 1hr

COMMUNITY SERVICES

Programs, Social Isolation Assistance, Need to Talk or
Need Help

Please Call us on 8580 0628

@ SHARE We Care



Your Important Notes:

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Your Important Notes:

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Your Important Notes:

A large rectangular area with a blue border and ten horizontal dotted lines for writing notes.

LIVING LONGER LIVING STRONGER



- ✓ POSITIVE AGEING
- ✓ VERY AFFORDABLE CLASSES
- ✓ EXERCISE PROGRAM FOR OVER 60'S
- ✓ QUALIFIED & PASSIONATE INSTRUCTORS
- ✓ STRENGTH TRAINING FOR BETTER BALANCE
- ✓ IMPROVE MENTAL HEALTH & COGNITIVE FUNCTION

Funded by
phn
CENTRAL AND
EASTERN SYDNEY


LIVING LONGER
**Living
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SHARE
Building healthier communities

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