



## Wellness Program – Timetable

### Exercise For Over 50's



Exercise is  
the best Medicine  
Being active each day is one  
of the most important things  
you can do for your health.  
Invest in your well-being -  
You Will Love the  
Results



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🌐 [www.share.org.au](http://www.share.org.au) ☎ 02 8580 0628


# 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.

	<p><b>Vision</b> Our vision is empowered, Australia wide, healthy communities.</p> <p><b>Mission</b> 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.</p> <p><b>Values</b> Compassion, Focused, Innovation, Evidence- based, Inclusiveness &amp; Trust</p> <p><b>Purpose</b> Is to build and sustain communities through a focus on holistic health and care, well-being services and rehabilitation through delivering preventative programs</p>
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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](mailto:info@share.org.au) 🌐 [share.org.au](http://share.org.au)

📍 Head Office Suite 2, Level 3, 36-42 Princess Street, Brighton Le Sands 2216

## 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

### Credit Cards

- Visa/Master Card
- NO American Express

### Direct Deposit:

- **Name:** SHARE Southern Metropolitan Region Incorporated
- **BSB:** 112 879 St George Bank
- **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 <b>The Rocks</b>	The Rocks KGV Recreation Centre	Mon 11:00am	C1
Gentle Exercise <b>Alexandria</b>	Cliff Noble Community Centre	Tues 11:00am	Bayside Council
Living Longer Living Stronger- <b>Vaucluse</b>	Vaucluse	Tues 10:00am	LLLS16
Art as Therapy <b>Kogarah</b>	Kogarah School of Arts	Wed 11.30am	AAT1
Strength Stretch and Relax Riverwood	98 Washington Ave Riverwood	Thurs 10:00am	St George Community Housing
Zumba <b>Eastlakes</b>	Alf Kay Centre 2 Florence Ave	Fri 10:00 am	Bayside Council
Walking Buddies	Various Locations	Fri 9:30 am Duration 1 Hour	C10
Tai Chi <b>Vaucluse</b>	Vaucluse	Tues 9.00am	<b>C16</b>
Qigong Double Bay	Double-Bay	Mon 10.00am	<b>C17</b>

### **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 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 40 mins

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!

### **Pilates:** Duration 1 hour

A safe and effective method of rehabilitation and exercise that focuses on muscular balance, improves strength and flexibility. Pilates is a series of exercises inspired by calisthenics, yoga and ballet which promotes mobility and strength of all the major muscle groups in the body in a balanced fashion, whilst also having a key focus on the deep core muscles. It improves posture, flexibility, strength, balance and body awareness.

We also offer the option of **Chair Pilates** which involves performing the low-impact movements while seated or supported by a sturdy chair, making it an ideal option for seniors with chronic pain or limited mobility.



# Fitter & Stronger



Venue & Address	Day & Time	Class Number
St John's Anglican Church <b>ASHFIELD</b> - 64 Bland St	Tues 9:30 am	1D
* Woodstock Community Centre <b>BURWOOD</b> 22 Church St	Tue 10:00 am	1T
Senior Citizens Centre <b>EARLWOOD</b> - 362 Homer St	Mon 12:30 pm	1E
St Helens Community Centre - Level 2 <b>GLEBE</b> – 184 Glebe Point Rd	Thurs 8:00 am	1F
St Helens Community Centre - Level 2 <b>GLEBE</b> – 184 Glebe Point Rd	Thurs 9:00 am	1U
St Matthews Church <b>PEAKHURST</b> - 4a Whitegates Ave	Wed 9:00 am	1i
St Matthews Church <b>PEAKHURST</b> - 4a Whitegates Ave	Thurs 10:15 am	1L
** STRATHFIELD Community Centre <b>STRATHFIELD</b> –1B Bates St	Thurs 10:00 am	1W

\*Subsidised by Burwood Council – Class Duration 1 Hour.



## Strong & Active

Venue & Address	Day & Time	Class Number
Senior Citizens Centre <b>CARINGBAH</b> – 376-382 Port Hacking Rd	Thurs 11:30 am	2A

**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:** 1Hour.

## Strength, Stretch & Relax

Venue & Address	Day & Time	Class Number
ANZAC Oval <b>ENGADINE</b> 111 R Anzac Ave	Wed 11:00 am	3G
Oatley RSL Club – (1st Floor) <b>OATLEY</b> - 23 Letitia St	Tues 12:30 pm	3C
Oatley RSL Club - (1st Floor) <b>OATLEY</b> –23 Letitia St	Wed 10:30 am	3D
Oatley RSL Sub Branch <b>OATLEY</b> – 61 Oatley Ave	Fri 10:30 am	3F

**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 <b>ANNANDALE</b> – 79 Johnston St	Tues 11:45 am	4P
Concord Seniors Centre <b>CONCORD</b> – 11 Wellbank St	Tues 10:30 am	4B
Oatley RSL Club - (1st Floor) <b>OATLEY</b> –23 Letitia St	Mon 1:30 pm	4V
Oatley RSL Club - (1st Floor) <b>OATLEY</b> –23 Letitia St	Mon 2:30 pm	4W
Level 3 (above Coles) Corner of Princess Street & Moate Ave <b>BRIGHTON-LE-SANDS</b>	Wed 9:00am	C13
Miranda Community Centre Beginners Class <b>MIRANDA</b> - Karimbla Rd	Fri 10:00 am	4H

**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**.  
**Class Duration 1 Hour.**

# Gentle/Specialised Classes



Venue & Address	Day & Time	Class Number
Cliff Noble Community Centre <b>ALEXANDRIA</b> 24-26 Suttor St	Tues 11:00 am	7E
KGV Recreation Centre <b>The Rocks</b> 15 Cumberland St	Mon 11:00 am	<b>C1</b>

**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.**

## Relax & Unwind



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

**Class Duration 1 Hour.**

# Active & Fit

Venue & Address	Day & Time	Class Number
Hannaford Community Centre <b>ROZELLE</b> 608 Darling St	Mon 9:00 am	9A
Hannaford Community Centre <b>ROZELLE</b> 608 Darling St	Mon 10:00 am	9B
Mortdale RSL Club (Macquarie Room 1st Floor) <b>MORTDALE</b> – 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
*Kogarah School of Arts <b>KOGARAH</b> - Cnr Queens Ave & Bowns Rd	Wed 9:30 am	14A

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

# Zumba Gold/Zumba

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

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

## Pilates



Venue & Address	Day & Time	Class Number
Seniors Centre <b>SUTHERLAND</b> - 749 Old Princes Hwy	Tues 10:30 am	1Y
Youth & Recreation Centre <b>ARNCLIFFE</b> - 9 Townsend Ln	Thurs 9:45 am	1V

Class Duration 1 Hour.

## St George Hospital Hydrotherapy Pool – Belgrave 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 <b>Women and Men</b>	Mon 12:00 pm	10A
Level 1 = Low to Moderate Intensity <b>Women and Men</b>	Mon 12:50 pm	10B
Level 1 = Low to Moderate Intensity <b>Women and Men</b>	Mon 1:40pm	10I
Level 1 = Low to Moderate Intensity <b>Women and Men</b>	Wed 12:00pm	10F
Level 1 = Low to Moderate Intensity <b>Women and Men</b>	Wed 12:50pm	10G
Level 1 = Low to Moderate Intensity <b>Women and Men</b>	Thurs 4:30 pm	10E
Level 1 = Low to Moderate Intensity <b>Women and Men</b>	Thurs 5:20 pm	10H
Level 2 = Moderate Intensity <b>Women and Men</b>	Fri 12:00 pm	10C
Level 2 = Moderate Intensity <b>Women and Men</b>	Fri 12:50 pm	10D

**\*Please Note:** Classes may be subject to change as per the Pandemic guidelines by NSW Government.

**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 40 mins.**

## Living Longer Living Stronger



Venue & Address	Day & Time	Class Number
<b>EASTLAKES COMMUNITY HALL</b> 2 FLORENCE AVE EASTLAKES 2018	Tues 10:00am	LLLS1
<b>KOGARAH SCHOOL OF ARTS</b> CNR QUEENS AVE & BOWNS RD	Wed 10.30am	LLLSC
<b>KOGARAH SCHOOL OF ARTS</b> CNR QUEENS AVE & BOWNS RD	Wed 11:45am	LLLS3
<b>WOODSTOCK COMMUNITY CENTER</b> 22 CHURCH STREET BURWOOD 2134	Mon 9:00am	LLLS4
<b>CLIFF NOBLE COMMUNITY CENTRE</b> 24-26 SUTOR STREET ALEXANDRIA 2015	Thurs 10:00 am	LLLS5

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

**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 1hr**



## Living Longer Living Stronger (Continued)

Venue & Address	Day & Time	Class Number
<b>RAIN MULTICULTURAL GROUP</b> 501 FOREST RD PENSHURST 2222	Mon and Tue 10:30am	LLLSR
<b>CONCORD SENIOR CENTRE</b> 11 Wellbank, Concord 2137	Tues 11.30am	LLLS12
<b>SUTHERLAND SENIOR CENTRE</b> 749 OLD PRINCES HWY SUTHERLAND 2232	Tues 9:00am	LLLS7
<b>RON WILLIAMS COMMUNITY CENTRE</b> 5/11 KEPOS ST REDFERN 2016	Fri 10:00am	LLLS8
<b>ST HELENS COMMUNITY CENTRE</b> 184 GLEBE POINT RD, GLEBE 2037	Wed 2.00pm	LLLS6
<b>ST MARK COPTIC CHURCH</b> 72 WOLLONGONG RD, ARNCLIFFE 2205	Wed 11:00am	LLLS11
<b>VAUCLUSE BLOWING CLUB</b> 80-82 NEW SOUTH HEAD RD 2030	Tues 10:00am	LLLS16
<b>MISSION AUSTRALIA – CONCORD</b> 24 GIPPS ST, CONCORD 2137	Wed 3:00pm	LLLS10

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

**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 1hr**

# COMMUNITY SERVICES



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

Please Call Lifeline Australia on 13 11 14

Or Call Us on 8580 0628

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## Your Important Notes

## **Your Important 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**

**FITNESS,  
HEALTH &  
LONGEVITY**

Funded by  
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