



Self-Help Action Responsibility & Enrichment

Wellness Program - Timetable

Exercise For Over 50's

MOVE IT OR LOSE IT



Connect with us



Acknowledgement to Country

SHARE SMR acknowledges Traditional Owners of Country throughout Australia and recognizes the continuing connection to lands, waters and communities. We pay our respect to Aboriginal and Torres Strait Islander cultures; and to Elders past and present.

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.
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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 for SHARE courses is available on a term-by-term basis and can be completed online via the enrolment platform at www.share.org.au.

If you require assistance with online enrolment, please contact us at info@share.org.au.

How to Pay

Visa/Master Card	NO American Express
Bank	St George Bank
Name	SHARE Southern Metropolitan Region Incorporated
BSB	112 879
Account 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
Qigong	Living Longer Living Stronger	Pilates	Relax & Unwind	Tai Chi	Zumba Gold

Social & Health Programs

Class Type	Venue	Day and Time	Council
Gentle Exercise The Rocks	The Rocks KGV Recreation Centre	Mon 11:00 am	City of Sydney
Gentle Exercise Alexandria	Cliff Noble Community Centre	Tues 11:00 am	City of Sydney
Art as Therapy Kogarah	Kogarah School of Arts	Wed 11:30 am	Refer SHARE website
Strength Stretch and Relax Riverwood	9B Washington Ave Riverwood	Thurs 12:00 pm	St George Community Housing
Stronger Together Riverwood	Morris Iemma Indoor Sports Centre	Mon 11:00 am	Riverwood

Social & Health Program (Continued)



Class Type	Venue	Day and Time	Class Number
Walking Buddies	Various Locations	Fri 9:30 am	Refer SHARE website
Tai Chi Vaucluse	Vaucluse	Tues 9:00 am	Refer SHARE website
Tai Chi Ashfield	TBC	Fri 10:30 am	Refer SHARE website
Qigong Double Bay	Double-Bay	Mon 10:00 am	Refer SHARE website

SHARE SOUTH CLASSES (Refer pages 14-27)

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 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.

Qigong: Duration 1 Hour

A gentle, flowing exercise that combines slow movements, breathing techniques, and mindful focus to support overall wellbeing. Qigong is easy to follow and suitable for all fitness levels. The practice helps improve balance, flexibility, and coordination while promoting relaxation and reducing stress. Designed to support both physical and mental health, it is especially beneficial for older adults or anyone looking for a calm, low-impact way to stay active. The class creates a peaceful and enjoyable atmosphere, helping participants feel refreshed, centered, and energized.

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.

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.

SHARE NORTH CLASSES (Refer pages 28-42)

Tone and Balance: Duration 50 mins

Gentle exercises to strengthen muscles, improve stability, and enhance coordination. Helps with everyday activities like walking, climbing stairs, and reducing the risk of falls—supporting confidence and independence.

Yoga: Duration 55 mins

Gentle movements and stretches designed to improve flexibility, balance, and relaxation. This class helps reduce stiffness, support joint mobility, and promote calm breathing for overall wellbeing.

Stretch and Tone: Duration 50 mins

A gentle class combining stretching and light strengthening exercises to improve flexibility, muscle tone, and mobility. Helps reduce stiffness, support joint health, and make everyday movements easier.

Functional Strength and Balance: Duration 50 mins

Exercises designed to improve strength, balance, and stability for everyday activities. This class focuses on movements that help with walking, lifting, standing, and reducing the risk of falls while supporting independence.

Aqua Gentle: Duration 45 mins

A low-impact water exercise class designed to improve mobility, strength, and flexibility. The water supports the body, reducing stress on joints while helping build fitness in a safe and comfortable way.

Aqua Medium: Duration 45 mins

A moderate-intensity water exercise class designed to improve strength, fitness, and mobility. The resistance of the water helps tone muscles and support joint-friendly movement while building overall endurance.

Aqua Ai Chi: Duration 45 mins

A slow, flowing water exercise that combines gentle movements with deep breathing to improve balance, flexibility, and relaxation. Performed in warm water, it helps reduce stress, support joint mobility, and promote overall wellbeing.

Warm Water – Mixed Levels: Duration 30 mins

A supportive water exercise class suitable for all fitness levels. Using the warmth and resistance of the water, participants improve strength, mobility, and balance while exercising at a comfortable pace.

Virtual Exercise: Duration 50 mins

Group exercise class delivered by video conference. Seated and supported standing exercises focusing on core strength, stability, mobilizing the joints and improving postural alignment. Participants can choose to bring their own exercise bands and small hand/ankle weights.

Tai Chi: Duration 50 mins

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.

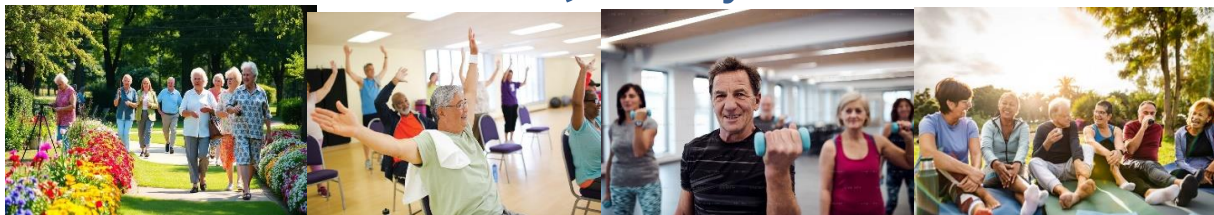
Men's Movement: Duration 50 mins

Taught by a male instructor these circuit style classes challenge fitness, strength and balance. A great way to meet new mates. No exercise equipment is supplied by Healthy Lifestyle. Participants can bring their own equipment to class (exercise bands, hand/ ankle weights, mats). Please speak to your class leader about specific requirements.

Active Exercise: Duration 50 mins

This class suits active participants who are already engaged in regular physical activity or have completed at least two terms of the Gentle Exercise class. Exercises includes low impact standing and floor exercises, with minimal chair-based options. Strengthening, muscle toning, balance and coordination are all challenged in this class.

Summer Time January Classes



CLASS	VENUE	DAY	CLASS NUMBER
Fitter & Stronger @ Oatley	Oatley RSL 23 Letitia St	Fri 9:00 am	Refer SHARE office
Pilates @ Oatley	Oatley RSL 23 Letitia St	Fri 10:00 am	Refer SHARE office
Strength, Stretch & Relax @ Oatley	Oatley RSL 23 Letitia St	Wed 10:00 am	Refer SHARE office
Fitter & Stronger @ Glebe	St Helen's Community Centre	Thurs 9:00 am	Refer SHARE office
Zumba Gold @ Kogarah	Kogarah School of Arts Cnr Queens Ave & Bowns Rd	Wed 9:30 am	Refer SHARE office
Yoga @ Kogarah	Kogarah School of Arts Cnr Queens Ave & Bowns Rd	Wed 9:30 am	Refer SHARE office
Living Longer Living Stronger @ Kogarah	Kogarah School of Arts Cnr Queens Ave & Bowns Rd	Wed 11:45 am	Refer SHARE office

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

Fitter and Stronger



Venue & Address	Day & Time	Class Number
St John's Anglican Church ASHFIELD - 64 Bland St	Tues 9:30 am	Refer SHARE website
Woodstock Community Centre BURWOOD 22 Church St	Tue 10:00 am	Refer SHARE website
Senior Citizens Centre EARLWOOD - 362 Homer St	Mon 12:30 pm	Refer SHARE website
St Helens Community Centre - Level 2 GLEBE – 184 Glebe Point Rd	Thurs 8:00 am	Refer SHARE website
St Helens Community Centre - Level 2 GLEBE – 184 Glebe Point Rd	Thurs 9:00 am	Refer SHARE website
St Matthews Church PEAKHURST – 4A Whitegates Ave	Wed 9:00 am	Refer SHARE website
St Matthews Church PEAKHURST – 4A Whitegates Ave	Thurs 10:15 am	Refer SHARE website
** STRATHFIELD Community Centre STRATHFIELD –1B Bates St	Thurs 10:00 am	Refer SHARE website

*Subsidized by Burwood Council – Class Duration 1 Hour.

Strong & Active



Venue & Address	Day & Time	Class Number
Senior Citizens Centre CARINGBAH – 376-382 Port Hacking Rd	Thurs 11:30 am	Refer SHARE website

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.

Strength, Stretch & Relax



Venue & Address	Day & Time	Class Number
ANZAC Oval Hall ENGADINE 111 R Anzac Ave	Wed 11:00 am	Refer SHARE website
Oatley RSL (Refer SHARE website) Oatley -RSL 23 Letitia St	Tues 12:30 pm	Refer SHARE website
Oatley RSL (Refer SHARE website) Oatley -RSL 23 Letitia St	Wed 10:30 am	Refer SHARE website

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**

Duration 1 Hour.

Tai Chi



Venue & Address	Day & Time	Class Number
Neighbourhood Centre ANNANDALE – 79 Johnston St	Tues 11:45 am	Refer SHARE website
Concord Seniors Centre CONCORD – 11 Wellbank St	Tues 10:30 am	Refer SHARE website
Oatley RSL (Refer SHARE website) OATLEY –23 Letitia St	Mon 1:30 pm	Refer SHARE website
Oatley RSL (Refer SHARE website) OATLEY –23 Letitia St	Mon 2:30 pm	Refer SHARE website
Level 3 (above Coles) Corner of Princess Street & Moate Ave BRIGHTON-LE-SANDS	Wed 9:00am	Refer SHARE website
Miranda Community Centre Beginners Class MIRANDA – 97 Karimbla Rd	Fri 10:00 am	Refer SHARE website

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 ALEXANDRIA 24-26 Suttor St	Tues 11:00 am	Refer SHARE website
KGV Recreation Centre The Rocks 15 Cumberland St	Mon 11:00 am	Refer SHARE website

Relax & Unwind

Venue & Address	Day & Time	Class Number
Mortdale RSL Mortdale - 25 Macquarie Pl	Fri 12:30 pm	Refer SHARE website

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.

Active & Fit



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

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
Level 3 (above Coles) Corner of Princess Street & Moate Ave BRIGHTON-LE-SANDS	Wed 11:30am	Refer SHARE website
*Kogarah School of Arts KOGARAH - Cnr Queens Ave & Bowns Rd	Wed 9:30 am	Refer SHARE website
*Oatley RSL OATLEY – 23 Letitia Street	Fri 10:00 am	Refer SHARE website

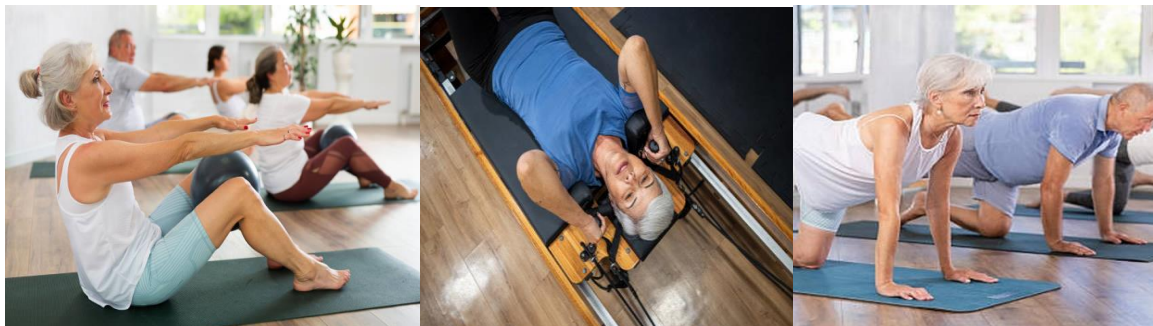
Zumba Gold



Venue & Address	Day & Time	Class Number
*Kogarah School of Arts KOGARAH - Cnr Queens Ave & Bowns Rd	Wed 9:30 am	Refer SHARE website
*Kogarah School of Arts KOGARAH - Cnr Queens Ave & Bowns Rd	Wed 10:30 am	Refer SHARE website
*Arncliffe Youth Centre ARNCLIFFE - 9 Townsend Ln	Thurs 11:15am	Refer SHARE website
*Eastlakes Alf Kay Centre EASTLAKES – 2 Florence Avenue	Tues 11:50 am	Refer SHARE website

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

Pilates



Venue & Address	Day & Time	Class Number
Seniors Centre SUTHERLAND - 749 Old Princes Hwy	Tues 10:30 am	Refer SHARE website
Level 3 (above Coles) Corner of Princess Street & Moate Ave BRIGHTON-LE-SANDS	Wed 12.30pm	Refer SHARE website
Youth & Recreation Centre ARNCLIFFE - 9 Townsend Ln	Thurs 9:45 am	Refer SHARE website

Class Duration: 1 Hour

Gentle Aqua - Hydrotherapy



Level & Class Type	Day & Time	Class Number
Level 1 = Low to Moderate Intensity Women and Men	Mon 12:00 pm	Refer SHARE website
Level 1 = Low to Moderate Intensity Women and Men	Mon 12:50 pm	Refer SHARE website

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 entering.
No Free trial classes for water-based program.

Gentle Aqua (Continued)

Level 1 = Low to Moderate Intensity Women and Men	Mon 1:40 pm	Refer SHARE website
Level 1 = Low to Moderate Intensity Women and Men	Wed 12:00 pm	Refer SHARE website
Level 1 = Low to Moderate Intensity Women and Men	Wed 12:50 pm	Refer SHARE website
Level 1 = Low to Moderate Intensity Women and Men	Thurs 4:30 pm	Refer SHARE website
Level 1 = Low to Moderate Intensity Women and Men	Thurs 5:20 pm	Refer SHARE website
Level 2 = Moderate Intensity Women and Men	Fri 12:00 pm	Refer SHARE website
Level 2 = Moderate Intensity Women and Men	Fri 12:50 pm	Refer SHARE website

***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	
EASTLAKES COMMUNITY HALL 2 FLORENCE AVE EASTLAKES 2018	Tues 10:00 am	Refer SHARE website
KOGARAH SCHOOL OF ARTS CNR QUEENS AVE & BOWNS RD	Wed 10.30 am	Refer SHARE website
KOGARAH SCHOOL OF ARTS CNR QUEENS AVE & BOWNS RD	Wed 11:45 am	Refer SHARE website
WOODSTOCK COMMUNITY CENTER 22 CHURCH STREET BURWOOD 2134	Mon 9:00 am	Refer SHARE website
CLIFF NOBLE COMMUNITY CENTRE 24-26 SUTTOR STREET ALEXANDRIA 2015	Thurs 10:00 am	Refer SHARE website

***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 1 Hour.

Living Longer Living Stronger (Continued)

Venue & Address	Day & Time	Class Number
CONCORD SENIOR CENTRE 11 Wellbank st, Concord 2137	Tues 11.30 am	Refer SHARE website
SUTHERLAND SENIOR CENTRE 749 OLD PRINCES HWY SUTHERLAND 2232	Tues 9:00 am	Refer SHARE website
RON WILLIAMS COMMUNITY CENTRE 5/11 KEPOS ST REDFERN 2016	Fri 10:00 am	Refer SHARE website
ST HELENS COMMUNITY CENTRE 184 GLEBE POINT RD, GLEBE 2037	Wed 2:00 pm	Refer SHARE website
VAUCLUSE BLOWING CLUB 80-82 NEW SOUTH HEAD RD 2030	Tues 10:00 am	Refer SHARE website
MISSION AUSTRALIA – CONCORD 24 GIPPS ST, CONCORD 2137	Wed 3:00 pm	Refer SHARE website
OATLEY RSL 26 LETITIA STREET, OATLEY 2223	Fri 10:30 am	Refer SHARE website

***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 1 Hour.

SHARE NORTH CLASSES

Tone and Balance



Venue & Address	Day & Time	Class Number
Royal North Shore Hospital (Community Centre) 2C Herbert St, St Leonards NSW 2065	Mon 1:30 pm	Refer SHARE website
Mosman Art Gallery 1 Art Gallery Way, Mosman NSW 2088	Tue 12:00 pm	Refer SHARE website
Hornsby Aquatic Leisure Centre 203 Peats Ferry Road, Hornsby NSW 2077	Wed 9:30 am	Refer SHARE website
The Tramshed 1395A Pittwater Road, Narrabeen NSW 2101	Thu 9:00 am	Refer SHARE website
North Ryde Community Church 2 Cutler Parade (Enter via gate end of car park)	Thu 12:30 pm	Refer SHARE website

Class Duration 50 mins.

Yoga



Venue & Address	Day & Time	Class Number
Berowra Community Health Centre 123 Berowra Waters Rd, Berowra Heights NSW 2082	Tues 7:00 pm	Refer SHARE website
Turramurra Masonic & Function Centre 1247 Pacific Highway, Turramurra NSW 2074	Mon 9:30 am	Refer SHARE website
Turramurra Masonic & Function Centre 1247 Pacific Highway, Turramurra NSW 2074	Mon 10:30 am	Refer SHARE website
Turramurra Community Hall/Senior Centre 1 Gilroy Road, Turramurra NSW 2074	Fri 10:00 am	Refer SHARE website

Class Duration 55 mins.

Stretch and Tone



Venue & Address	Day & Time	Class Number
Pennant Hills Community Health Centre 5 Fisher Ave, Pennant Hills NSW 2120	Mon 8:00 am	Refer SHARE website
Pennant Hills Community Health Centre 5 Fisher Ave, Pennant Hills NSW 2120	Mon 9:00 am	Refer SHARE website
Pennant Hills Community Health Centre 5 Fisher Ave, Pennant Hills NSW 2120	Thurs 9:00 am	Refer SHARE website
Pennant Hills Community Health Centre 5 Fisher Ave, Pennant Hills NSW 2120	Thurs 10:00 am	Refer SHARE website
Mosman Art Gallery 1 Art Gallery Way	Tue 10:15 am	Refer SHARE website
The Tramshed 1395A Pittwater Road, Narrabeen NSW 2101	Wed 9:00 am	Refer SHARE website

Class Duration 55 mins.

Functional Strength and Balance



Venue & Address	Day & Time	Class Number
Pennant Hills Community Health Centre 5 Fisher Ave, Pennant Hills NSW 2120	Mon 10:00 am	Refer SHARE website
Avalon Recreation Centre 59 Old Barrenjoey Road, Avalon Beach NSW 2107	Mon 9:00am	Refer SHARE website
Avalon Recreation Centre 59 Old Barrenjoey Road, Avalon Beach NSW 2107	Mon 10:00 am	Refer SHARE website
Turramurra Uniting Church 10 Turramurra Avenue, Turramurra NSW 2074	Mon 10:00 am	Refer SHARE website

Living & Learning Centre 164-180 Longueville Road, Lane Cove NSW 2066	Mon 9:30 am	Refer SHARE website
Living & Learning Centre 164-180 Longueville Road, Lane Cove NSW 2066	Mon 10:30 am	Refer SHARE website
Living & Learning Centre 164-180 Longueville Road, Lane Cove NSW 2066	Tue 10:30 am	Refer SHARE website
Living & Learning Centre 164-180 Longueville Road, Lane Cove NSW 2066	Thu 9:00 am	Refer SHARE website
Living & Learning Centre 164-180 Longueville Road, Lane Cove NSW 2066	Thu 10:00 am	Refer SHARE website
The Tramshed 1395A Pittwater Road, Narrabeen NSW 2101	Mon 10:15 am	Refer SHARE website
The Tramshed 1395A Pittwater Road, Narrabeen NSW 2101	Wed 9:15 am	Refer SHARE website
The Tramshed 1395A Pittwater Road, Narrabeen NSW 2101	Wed 9:00 am	Refer SHARE website
The Tramshed 1395A Pittwater Road, Narrabeen NSW 2101	Wed 10:00 am	Refer SHARE website
Turramurra Uniting Church 10 Turramurra Avenue, Turramurra NSW 2074	Mon 11:00 am	Refer SHARE website
Turramurra Uniting Church 10 Turramurra Avenue, Turramurra NSW 2074	Thu 10:45 am	Refer SHARE website

Turramurra Uniting Church 10 Turramurra Avenue, Turramurra NSW 2074	Thu 11:45 am	Refer SHARE website
Boronia Park Uniting Church 93 Pittwater Road, Gladesville NSW 2111	Tue 9:00 am	Refer SHARE website
Boronia Park Uniting Church 93 Pittwater Road, Gladesville NSW 2111	Fri 9:00am	Refer SHARE website
Forestville Senior Centre 1 Starkey Street, Forestville NSW 2087	Tue 10:30 am	Refer SHARE website
Mosman Art Gallery 1 Art Gallery Way, Mosman NSW 2088	Tue 9:15 am	Refer SHARE website
Freshwater Surf Life Saving Club Kooloora Ave, Freshwater NSW 2096	Thu 9:15 am	Refer SHARE website
Freshwater Surf Life Saving Club Kooloora Ave, Freshwater NSW 2096	Thu 10:15 am	Refer SHARE website
North Ryde Community Centre 201 Coxs Rd, North Ryde NSW 2113	Thu 1:30 pm	Refer SHARE website
Hornsby Uniting Church 24 William Street, Hornsby NSW 2077	Fri 9:30 am	Refer SHARE website

Class Duration 1 Hour.

Aqua Gentle Pace



Venue & Address	Day & Time	Class Number
Ryde Aquatic Centre 504 Victoria Rd, Ryde NSW 2112	Tues 8:00 am	Refer SHARE website
Ryde Aquatic Centre 504 Victoria Rd, Ryde NSW 2112	Wed 8:00 am	Refer SHARE website
Forestville Senior Centre 1 Starkey Street, Forestville NSW 2087	Tue 9:30 am	Refer SHARE website
Boronia Park Uniting Church 93 Pittwater Road, Gladesville NSW 2111	Fri 10:00 am	Refer SHARE website
Mona Vale Hospital 18 Coronation St, Mona Vale NSW 2103	Mon 10:30 am	Refer SHARE website
Mona Vale Hospital 18 Coronation St, Mona Vale NSW 2103	Mon 11:45 am	Refer SHARE website

Mona Vale Hospital 18 Coronation St, Mona Vale NSW 2103	Mon 2:30 pm	Refer SHARE website
Mona Vale Hospital 18 Coronation St, Mona Vale NSW 2103	Mon 3:45 pm	Refer SHARE website
Mona Vale Hospital 18 Coronation St, Mona Vale NSW 2103	Tues 2:00 pm	Refer SHARE website
Mona Vale Hospital 18 Coronation St, Mona Vale NSW 2103	Tues 3:00 pm	Refer SHARE website
Mona Vale Hospital 18 Coronation St, Mona Vale NSW 2103	Wed 10:30 am	Refer SHARE website
Mona Vale Hospital 18 Coronation St, Mona Vale NSW 2103	Fri 10:15 am	Refer SHARE website
Mona Vale Hospital 18 Coronation St, Mona Vale NSW 2103	Fri 1:00 pm	Refer SHARE website
Mona Vale Hospital 18 Coronation St, Mona Vale NSW 2103	Fri 2:15 pm	Refer SHARE website

Class Duration 45 mins.

Aqua- Medium Pace

Venue & Address	Day & Time	Class Number
Ryde Aquatic Centre 504 Victoria Rd, Ryde NSW 2112	Mon 10:00 am	Refer SHARE website
Ryde Aquatic Centre 504 Victoria Rd, Ryde NSW 2112	Wed 9:00 am	Refer SHARE website
Ryde Aquatic Centre 504 Victoria Rd, Ryde NSW 2112	Wed 10:00 am	Refer SHARE website
Terrey Hills Swim Centre 31 Myoora Rd, Terrey Hills NSW 2084	Mon 12:00 pm	Refer SHARE website
Terrey Hills Swim Centre 31 Myoora Rd, Terrey Hills NSW 2084	Wed 11:00 am	Refer SHARE website
Mona Vale Hospital 18 Coronation St, Mona Vale NSW 2103	Mon 5:00 pm	Refer SHARE website
Mona Vale Hospital 18 Coronation St, Mona Vale NSW 2103	Tues 5:00 pm	Refer SHARE website
Mona Vale Hospital 18 Coronation St, Mona Vale NSW 2103	Wed 5:30 pm	Refer SHARE website
Mona Vale Hospital 18 Coronation St, Mona Vale NSW 2103	Sat 8:00 am	Refer SHARE website

Mona Vale Hospital 18 Coronation St, Mona Vale NSW 2103	Sat 9:00 am	Refer SHARE website
Terrey Hills Swim Centre 31 Myoora Rd, Terrey Hills NSW 2084	Wed 12:00 pm	Refer SHARE website
Terrey Hills Swim Centre 31 Myoora Rd, Terrey Hills NSW 2084	Wed 1:00 pm	Refer SHARE website
Terrey Hills Swim Centre 31 Myoora Rd, Terrey Hills NSW 2084	Thurs 12:30 pm	Refer SHARE website
Terrey Hills Swim Centre 31 Myoora Rd, Terrey Hills NSW 2084	Thurs 1:30 pm	Refer SHARE website
Ravenswood Girls School Pool 10 Henry St, Gordon NSW 2072	Wed 7:00 pm	Refer SHARE website

Class Duration 45 mins

Aqua-Ai Chi



Venue & Address	Day & Time	Class Number
Terrey Hills Swim Centre 31 Myoora Rd, Terrey Hills NSW 2084	Mon 1:00 pm	Refer SHARE website
Mona Vale Hospital 18 Coronation St, Mona Vale NSW 2103	Tues 1:00 pm	Refer SHARE website

Warm Water Exercises- Mixed Levels

Venue & Address	Day & Time	Class Number
Hornsby Hospital Hydro Pool Palmerston Rd, Hornsby NSW 2077	Mon 12:00 pm	Refer SHARE website
Hornsby Hospital Hydro Pool Palmerston Rd, Hornsby NSW 2077	Mon 12:45 pm	Refer SHARE website
Hornsby Hospital Hydro Pool Palmerston Rd, Hornsby NSW 2077	Tues 12:00 pm	Refer SHARE website
Hornsby Hospital Hydro Pool Palmerston Rd, Hornsby NSW 2077	Tues 5:30 pm	Refer SHARE website
Hornsby Hospital Hydro Pool Palmerston Rd, Hornsby NSW 2077	Tues 6:15 pm	Refer SHARE website
Hornsby Hospital Hydro Pool Palmerston Rd, Hornsby NSW 2077	Wed 11:45 am	Refer SHARE website
Hornsby Hospital Hydro Pool Palmerston Rd, Hornsby NSW 2077	Wed 12:30 pm	Refer SHARE website
Hornsby Hospital Hydro Pool Palmerston Rd, Hornsby NSW 2077	Thurs 6:15 pm	Refer SHARE website

Class Duration 45 mins.

Men's Movement



Venue & Address	Day & Time	Class Number
Living & Learning Centre 164-180 Longueville Road, Lane Cove NSW 2066	Tue 9:00 am	Refer SHARE website
Boronia Park Uniting Church 93 Pittwater Road, Gladesville NSW 2111	Fri 8:00 am	Refer SHARE website

Active Exercise

Venue & Address	Day & Time	Class Number
North Curl Curl Community Centre Cnr Abbott & Griffin Roads, North Curl Curl NSW 2099	Wed 9:15 am	Refer SHARE website

Class Duration 45 mins.

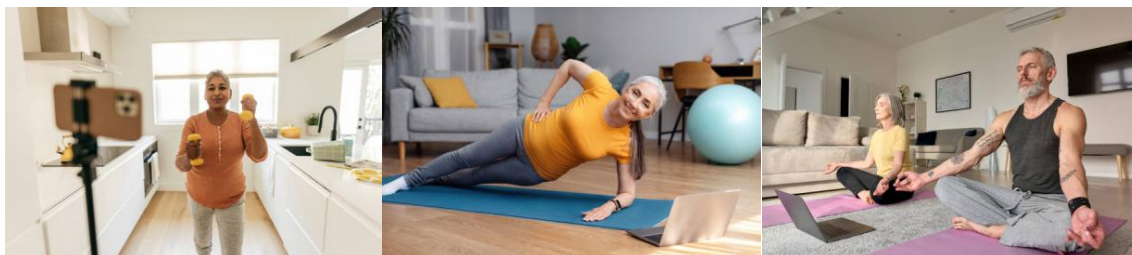
Tai Chi



Venue & Address	Day & Time	Class Number
Turramurra Uniting Church 10 Turramurra Avenue, Turramurra NSW 2074	Mon 12:00 pm	Refer SHARE website
Avalon Recreation Centre 59 Old Barrenjoey Road, Avalon Beach NSW 2107	Wed 9:30 am	Refer SHARE website
Forestville Senior Centre 1 Starkey St, Forestville NSW 2087	Thu 9:30 am	Refer SHARE website

Class Duration 1 Hour.

General Virtual Exercise



Venue & Address	Day & Time	Class Number
SHARE Head Office (Link to be provided by the office)	Wed 10:30 am to 11:30 am	Refer SHARE Office

Class Duration 1 Hour.

Strength and Balance exercise at Home

1. Heel to toe standing / walking

- Helps keep balance when you have to walk through a narrow space
- With fingertips on something solid to help balance, stand heel to toe, bend your knees slightly and keep still for 10 seconds.
- Vary the exercise with feet close together and one foot halfway in front of the other.
- Upgrade the exercise by walking slowly, placing your heel to touch the toe of the other foot.



2. Knee raises

- Helps with climbing stairs and getting in and out of cars and buses
- With fingertips on something solid to help balance, lift a knee to hip level and hold it for 5 seconds.
- Repeat with the other leg.
- Then repeat 8 times.

3. Side leg raise / sideways walking

- Improves stability when you have to take weight on one leg, and helps you step sideways to avoid tripping
- With fingertips on something solid to help balance, stand on one leg and raise the other sideways, holding it for 5 seconds.
- Repeat 8 times.
- Then do it with the other leg.
- Extend to walking sideways with slow steps alongside a bench or table.



4. Heel raise

- Helps with walking and climbing stairs
- With fingertips on something solid to help balance, lift both heels off the floor and stand on your toes for 3 seconds, then slowly lower your heels to the floor.
- Repeat 5 times.



5. Stepping up a step

Improves stability on steps, paths and uneven surfaces

Holding onto a rail, go up and down a single step.

Repeat 5 times.



6. Sit to stand

- Helps with getting up and down from a chair or toilet, and in and out of the car
- Stand up slowly from a chair, keeping your knees slightly apart. To make it harder, cross your arms in front of your chest or hold them out in front of you at shoulder height.
- Then lower yourself back down into the chair.
- Repeat 5 times.

Your Important Notes:



My Class is on Every:

My Instructor is:

Time of class:

Location:

Student Number:

COMMUNITY SERVICES

Programs, Social Cohesion, Need to Talk or Need Help

Please Call Lifeline Australia on 13 11 14

Or Call Us on 8580 0628



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WELLNESS PROGRAMS

VIRTUAL EXERCISE | AQUA EXERCISE | WARM WATER EXERCISE | MEN'S MOVEMENT |
YOGA | STRETCH & TONE | FUNCTIONAL STRENGTH & BALANCE | TONE & BALANCE |
TAI CHI MOVES | GENTLE EXERCISE | ACTIVE EXERCISE | ZUMBA | PILATES

PROGRAM LOCATIONS:

EAST, WEST, NORTH & SOUTH- LOCAL GOVERNMENT AREAS (LGA)

AVALON | BAYSIDE | BORONIA PARK | BURWOOD | CANANDA BAY | CANTERBURY |
CITY OF SYDNEY | FAIRFIELD | FORESTVILLE | FRESHWATER | GEORGES RIVER |
HORNSBY | INNER-WEST | LIVERPOOL | MONAVALLE | PENNANT HILLS | RANDWICK |
RYDE/NORTH RYDE | ST. LEONARDS | STRATHFIELD | SUTHERLAND SHIRE |
TERREY HILLS | TRAMSHED | TURRAMURRA | WAVERLEY | WOOLLAHRA

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