



Wellness Programs

2019 Timetable



Expected Beneficial Outcomes: Increased physical activity, Improved physical fitness and Improved mental health

@ SHARE we Care



Our Vision - Empower Australia-wide healthy communities

OUR CORE VALUES -Compassion, Respect & Empowerment, Trust, Evidence-based, Focused, Inclusiveness and Innovation

Our Mission - to build and sustain communities through a focus on individual health, well-being, and rehabilitation. We achieve this by designing and delivering programs through our alliances with medical groups and individuals; academic institutions; hospitals, allied health groups and individuals; government agencies; peak bodies and corporates. Our programs are developed on a platform of internationally recognised research.

SHARE is an award winning not for profit delivering balanced lifestyle programs since 1983 and has been promoting **MOVE IT or LOSE IT**. Built on our expertise, experience and reputation it is well-known and respected brand with a proven track record of providing caring and compassionate services to people over 50 in the community. SHARE has the longevity and capacity to deliver targeted, flexible, affordable and educational classes to our community in a non-threatening setting in various locations.

Our holistic programs helps people, we make a real difference with tangible health outcome including but not limited to social isolation, connectivity and person centred program which is evidenced by some of participants who are over 90 years old and have been attending our classes since we started. Regular physical activity can help prevent a range of chronic diseases and their risk factors including heart disease, stroke, high blood pressure, type 2 diabetes and also help promote psychological wellbeing and healthy weight.

Through the provision of education and information the community are empowered to make healthy choices by healthy eating and physical activities. Based on research into the benefits of exercise and impact on mental health our programs are designed on evidenced based studies and delivered by fully qualified Instructors and Leaders. Participants have a comprehensive assessment, support care and self-management plan which is regularly monitored and reviewed.

SHARE classes are based on multifaceted approach targeted to reduce the impact of lifestyle-related chronic disease and includes: women's health, onset on management of dementia, chronic disease, pain management, obesity, diabetes, high blood pressure, arthritis, depression, cardiovascular disease, quit smoking, nutrition, musculoskeletal conditions, falls prevention, mental health and prevention of social isolation, general wellbeing, psychological distress, mental health PTSD and injury. Rehabilitation from hospital system to SHARE classes post operation. Referrals from hospitals to SHARE as part of patient integrated discharge service and Home care.

SHARE courses are conducted in line with school terms and all fees must be paid in full in advance. **To keep your place in the course, your payment should be sent to the SHARE office by the closing date given in the current timetable. Reach your wellness goals with one of our amazing classes and make SHARE your first stop in the journey to wellness.**
PLEASE NOTE: SHARE reserves the right to move, postpone and cancel any class. **Instructors cannot accept your enrolment fee at the class**

FOR ENROLMENT DETAILS:



02 8580 0628



info@share.org.au



www.share.org.au

Please Complete the Enrolment Form with Payment Details:



VISA



MasterCard

American Express Not Accepted



Money Order/Cheque: P O Box 281 Kogarah 1485 | SHARE office Head Office Suite 2A 124 Forest Road, Hurstville 2220

MOVE IT or LOSE IT

2019 Summer Classes Specialised group for over 50's



CLASS CODE	CLASS	VENUE	DAY/TIME	DATE	FEES
SUM 1802	Aqua Aerobics	Peakhurst West Public School - Ogilvy Street	Tues 11.15am	08 th - 22 nd Jan 3 weeks	\$30.00
SUM 1804	Fitter & Stronger	Oatley RSL - 23 Letitia Street	Fri 9.00am	04 th – 25 th Jan 4 weeks	\$40.00
SUM 1805	Strength, Stretch & Relax	Oatley RSL - 23 Letitia Street	Wed 10.00am	02 nd – 23 rd Jan 4 weeks	\$40.00
SUM 1806	Gentle Aqua	Canterbury Hospital Hydrotherapy Pool- Canterbury Rd ,Campsie	Tues 12:30pm	08 th - 22 nd Jan 3 weeks	\$31.50
SUM 1807	Gentle Aqua	Canterbury Hospital Hydrotherapy Pool- Canterbury Rd ,Campsie	Wed 10:30am	02 nd – 23 rd Jan 4 weeks	\$42.00
SUM 1808	Gentle Aqua	Canterbury Hospital Hydrotherapy Pool- Canterbury Rd ,Campsie	Thurs 12:30pm	03 rd – 24 th Jan 4 weeks	\$42.00

2019 Term Classes

Fitter & Stronger: These classes are designed to improve your strength, fitness, flexibility and balance. **Duration 1 Hour**
A good way to challenge your total body fitness while you're having fun, includes a warm-up, aerobics, strength exercises using Resistance equipment and a cool-down with stretching and relaxation.



In partnership with Ashfield Council, City of Sydney and Canterbury City Council. As rate payers and residents of these Councils, SHARE offers reduced rates to some of the classes in these areas. No further discount or deductions apply.

VENUE	ADDRESS	DAY/TIME	TERM 1	TERM 2	TERM 3	TERM 4
ASHFIELD – Civic Centre	260 Liverpool Rd	Sat 9.15am	T1 19 1A 2 nd Feb – 13 th April \$50.00 Subsidised 11 weeks	T2 19 1A 4 th May – 6 th July \$50.00 Subsidised 10 weeks	T3 19 1A 27 th July – 28 th Sept \$50.00 Subsidised 10 weeks	T4 19 1A 19 th Oct – 14 th Dec \$50.00 Subsidised 09 weeks
CLEMTON PARK – Baptist Church	9 Shackel Ave	Wed 9.30am	T1 19 1B 30 th Jan – 10 th April \$110.00 11 weeks	T2 19 1B 1 st May – 03 rd July \$100.00 10 weeks	T3 19 1B 24 th July – 25 th Sept \$100.00 10 weeks	T4 19 1B 16 th Oct – 18 th Dec \$100.00 10 weeks
CONCORD-	TBA	Thurs 9.00am	T1 19 1C 31 st Jan- 11 th April \$110.00 11 weeks	T2 19 1C 02 nd May – 4 th July \$100.00 10 weeks	T3 19 1C 25 th July – 26 th Sept \$100.00 10 weeks	T4 19 1C 17 th Oct – 19 th Dec \$100.00 10 weeks
ASHFIELD – Civic Centre Room 4	260 Liverpool Rd	Tues 9.30am	T1 19 1D 29 th Jan- 9 th April \$110.00 11 weeks	T2 19 1D 30 th Apr-2 nd Jul \$100.00 10 weeks	T3 19 1D 23 rd Jul- 24 th Sept \$100.00 10 weeks	T4 19 1D 15 th Oct – 17 th Dec \$100.00 10 weeks
EARLWOOD - Senior Citizens Centre	362 Homer St	Mon 12.30pm	T1 19 1E 04 th Feb- 8 th Apr \$100.00 10 weeks	T2 19 1E 29 th April – 01 st July \$90.00 9 weeks	T3 19 1E 22 nd July – 23 rd Sept \$100.00 10 weeks	T4 19 1E 14 th Oct – 16 th Dec \$100.00 10 weeks
GLEBE – St Helens Comm. Centre - Level 2 Class	184 Glebe Point Rd	Thurs 8.00am	T1 19 1F 31 st Jan- 11 th April Free- Subsidised 11 weeks	T2 19 1F 02 nd May – 4 th July Free- Subsidised 10 weeks	T3 19 1F 25 th July – 26 th Sept Free- Subsidised 10 weeks	T4 19 1F 17 th Oct – 19 th Dec Free- Subsidised 10 weeks
GLEBE – St Helens Comm. Centre – Level 1 Class	184 Glebe Point Rd	Thurs 10.15am	T1 19 1G 31 st Jan- 11 th April Free- Subsidised 11 weeks	T2 19 1G 02 nd May – 4 th July Free- Subsidised 10 weeks	T3 19 1G 25 th July – 26 th Sept Free- Subsidised 10 weeks	T4 19 1G 17 th Oct – 19 th Dec Free- Subsidised 10 weeks
KOGARAH School of Arts	Cnr Queens Ave & Bowns Rd, Kogarah	Wed 10.00am	T1 19 1H 30 th Jan – 10 th April \$110.00 11 weeks	T2 19 1H 1 st May – 03 rd July \$100.00 10 weeks	T3 19 1H 24 th July – 25 th Sept \$100.00 10 weeks	T4 19 1H 16 th Oct – 18 th Dec \$100.00 10 weeks

Fitter & Stronger (continued)

VENUE	ADDRESS	DAY/TIME
PEAKHURST - St Matthews Church	4a Whitegates Ave	Wed 9.00am
PENSHURST - Presbyterian Church	118 Penshurst St	Mon 8.45am
PENSHURST - Presbyterian Church	118 Penshurst St	Thurs 10.15am
PEAKHURST - St Matthews Church	4a Whitegates Ave	Thurs 10.15am
OATLEY – RSL Club (Downstairs)	23 Letitia St	Fri 9.30am
REDFERN – Community Centre	29-53 Hugo St	Wed 9:30am
BURWOOD – Woodstock Community Centre	22 Church St	Mon 9.00am
OATLEY – RSL Club (Downstairs)	23 Letitia St	Fri 8.30am
BURWOOD – Woodstock Community Centre	22 Church St	Tue 10.00am
GLEBE – St Helens Comm. Centre - Level 2 Class	184 Glebe Point Rd	Thurs 9.00am

TERM 1	TERM 2
T1 19 1I 30 th Jan – 10 th April \$110.00 11 weeks	T2 19 1I 1 st May – 03 rd July \$100.00 10 weeks
T1 19 1J 04 th Feb- 8 th Apr \$100.00 10 weeks	T2 19 1J 29 th April – 01 st July \$90.00 9 weeks
T1 19 1K 31 st Jan- 11 th April \$110.00 11 weeks	T2 19 1K 02 nd May – 4 th July \$100.00 10 weeks
T1 19 1L 31 st Jan- 11 th April \$110.00 11 weeks	T2 19 1L 02 nd May – 4 th July \$100.00 10 weeks
T1 19 1M 01 st Feb-12 th April \$110.00 11 weeks	T2 19 1M 3 rd May – 5 th July \$100.00 10 weeks
T1 19 1N 30 th Jan – 10 th April FREE Subsidised 11 weeks	T2 19 1N 1 st May – 03 rd July FREE Subsidised 10 weeks
T1 19 1O 04 th Feb- 8 th Apr \$65.00 Subsidised 10 weeks	T2 19 1O 29 th April – 01 st July \$65.00 Subsidised 9 weeks
T1 19 1R 01 st Feb-12 th April \$110.00 11 weeks	T2 19 1R 3 rd May – 5 th July \$100.00 10 weeks
T1 19 1T 29 th Jan- 9 th April \$65.00 Subsidised 11 weeks	T2 19 1T 30 th Apr-2 nd Jul \$65.00 Subsidised 10 weeks
T1 19 1U 31 st Jan- 11 th April Free- Subsidised 11 weeks	T2 19 1U 02 nd May – 4 th July Free- Subsidised 10 weeks

TERM 3	TERM 4
T3 19 1I 24 th July – 25 th Sept \$100.00 10 weeks	T4 19 1I 16 th Oct – 18 th Dec \$100.00 10 weeks
T3 19 1J 22 nd July – 23 rd Sept \$100.00 10 weeks	T4 19 1J 14 th Oct – 16 th Dec \$100.00 10 weeks
T3 19 1K 25 th July – 26 th Sept \$100.00 10 weeks	T4 19 1K 17 th Oct – 19 th Dec \$100.00 10 weeks
T3 19 1L 25 th July – 26 th Sept \$100.00 10 weeks	T4 19 1L 17 th Oct – 19 th Dec \$100.00 10 weeks
T3 19 1M 26 th July – 27 th Sept \$100.00 10 weeks	T4 19 1M 18 th Oct – 20 th Dec \$100.00 10 weeks
T3 19 1N 24 th July – 25 th Sept FREE Subsidised 10 weeks	T4 19 1N 16 th Oct – 18 th Dec FREE Subsidised 10 weeks
T3 19 1O 22 nd July – 23 rd Sept \$65.00 Subsidised 10 weeks	T4 19 1O 14 th Oct – 16 th Dec \$65.00 Subsidised 10 weeks
T3 19 1R 26 th July – 27 th Sept \$100.00 10 weeks	T4 19 1R 18 th Oct – 20 th Dec \$100.00 10 weeks
T3 19 1T 23 rd Jul- 24 th Sept \$65.00 Subsidised 10 weeks	T4 19 1T 15 th Oct – 17 th Dec \$65.00 Subsidised 10 weeks
T3 19 1U 25 th July – 26 th Sept Free- Subsidised 10 weeks	T4 19 1U 17 th Oct – 19 th Dec Free- Subsidised 10 weeks

Relax & Unwind: This class is designed to give improve flexibility, lower blood pressure and better sleep. It includes a slow Flowing warm up followed by a long relaxation component incorporating breathing exercises. **Duration 1 Hour**



VENUE	ADDRESS	DAY/TIME
OATLEY - RSL Club	23 Letitia St	Fri 12.30pm

TERM 1	TERM 2
T1 19 8B 01 st Feb-12 th April \$110.00 11 weeks	T2 19 8B 3 rd May – 5 th July \$100.00 10 weeks

TERM 3	TERM 4
T3 19 8B 26 th July – 27 th Sept \$100.00 10 weeks	T4 19 8B 18 th Oct – 20 th Dec \$100.00 10 weeks

YogaFit: This class is designed to help with breathing techniques, stretching exercises and deep relaxation to reduce anxiety, increase mobility, enhance memory, improve sleep, ease depression, and achieve calmness and mental clarity. **Duration 1 Hour**

Simple breathing and stretching exercises that can be done on a mat or sitting in a chair.



VENUE	ADDRESS	DAY/TIME
Kogarah School of Arts	Cnr Queens Ave & Bowns Rd, Kogarah	Wed 10:00am
Burwood	Fitzroy Hall-22 Church St, Burwood	Friday 09:00am

TERM 1	TERM 2
T1 19 14A 30 th Jan – 10 th April Free 11 weeks	T2 19 14A 1 st May – 03 rd July \$60.00 10 weeks
	T2 19 14B 03 rd May- 05 th July FREE 10 weeks

TERM 3	TERM 4
T3 19 14A 24 th July – 25 th Sept \$60.00 10 weeks	T4 19 14A 16 th Oct – 18 th Dec \$60.00 10 weeks
T3 19 14B 26 th July-27 th Sept \$60.00 Subsidised 10 weeks	T4 19 14B 18 th Oct-20 th Dec \$60.00 Subsidised 10 weeks

Pilates: Is designed to focus on your needs; gentle cardiovascular, bone and muscle strengthening exercises combined with elements of balance and Core activation. **Lots of fun! Duration 1 Hour**

VENUE	ADDRESS	DAY/TIME
Kogarah School of Arts	Cnr Queens Ave & Bowns Rd, Kogarah	Wed 11:00am

TERM 1	TERM 2
T1 19 14B 30 th Jan – 10 th April \$110.00 11 weeks	T2 19 14B 1 st May – 03 rd July \$100.00 10 weeks

TERM 3	TERM 4
T3 19 14B 24 th July – 25 th Sept \$100.00 10 weeks	T4 19 14B 16 th Oct – 18 th Dec \$100.00 10 weeks



Zumba: Is designed for older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. It introduces easy-to-follow **Zumba** choreography that focuses on balance, range of motion and coordination.

Duration 1 Hour



VENUE	ADDRESS	DAY/TIME
Kogarah School of Arts	Cnr Queens Ave & Bowns Rd, Kogarah	Wed 11:00am

TERM 1	TERM 2
T1 19 14C 30 th Jan – 10 th April \$110.00 11 weeks	T2 19 14C 1 st May – 03 rd July \$100.00 10 weeks

TERM 3	TERM 4
T3 19 14C 24 th July – 25 th Sept \$100.00 10 weeks	T4 19 14C 16 th Oct – 18 th Dec \$100.00 10 weeks



Feldenkrais: Enhances your ability to move and be in life. In Awareness (ATM) classes, guided through gentle movement explorations become aware of how the habits of posture and movement in action may be limiting or restricting you. By thinking, sensing, feeding and moving you can improve Co-ordination and balance, reduce tension, stress, and pain, enhance breathing and general well-being.

Wear comfortable clothes and socks, and bring your own a mat or towel. Duration 1 Hour

VENUE	ADDRESS	DAY/TIME
BEXLEY – Community Centre	405 Bexley Road	Wed 11:30am

TERM 1	TERM 2
T1 19 11H 30 th Jan – 10 th April \$110.00 11 weeks	T2 19 11H 1 st May – 03 rd July \$100.00 10 weeks

TERM 3	TERM 4
T3 19 11H 24 th July – 25 th Sept \$100.00 10 weeks	T4 19 11H 16 th Oct – 18 th Dec \$100.00 10 weeks



Strong & Active: Is a more intense workout class which includes a warm-up, aerobics and strength, core stability exercises, a cool-down and stretching and relaxation. This class is a great way to challenge your fitness.

VENUE	ADDRESS	DAY/TIME
CARINGBAH – Senior Citizens Centre.	376-382 Port Hacking Rd	Thurs 11.00am
NARWEE - Australian Air League	7 Bryant St	Wed 6.30 pm
PENSHURST - RSL Club Auditorium	58a Penshurst St	Mon 10.15 am
SYLVANIA HEIGHTS - Youth & Community	Box Rd	Tues 11.15 am

TERM 1	TERM 2
T1 19 2A 31 st Jan- 11 th April \$159.50 11 weeks	T2 19 2A 02 nd May – 4 th July \$145.00 10 weeks
T1 19 2B 30 th Jan – 10 th April \$159.50 11 weeks	T2 19 2B 1 st May – 03 rd July \$145.00 10 weeks
T1 19 2C 04 th Feb – 08 th April \$145.00 10 weeks	T2 19 2C 29 th Apr – 1 st Jul \$130.50 9 weeks
T1 19 2D 29 th Jan – 9 th April \$159.50 11 weeks	T2 19 2D 30 th April – 2 nd Jul \$145.00 10 weeks

TERM 3	TERM 4
T3 19 2A 25 th July – 26 th Sept \$145.00 10 weeks	T4 19 2A 17 th Oct – 19 th Dec \$145.00 10 weeks
T3 19 2B 24 th July – 25 th Sept \$145.00 10 weeks	T4 19 2B 16 th Oct – 18 th Dec \$145.00 10 weeks
T3 19 2C 22 nd July – 23 rd Sept \$145.00 10 weeks	T4 19 2C 14 th Oct – 16 th Dec \$145.00 10 weeks
T3 19 2D 23 rd July – 24 th Sept \$145.00 10 weeks	T4 19 2D 15 th Oct – 17 th Dec \$145.00 10 weeks

Active & Fit: Includes a warm-up, low-impact aerobics and core strength exercises followed by a cool-down and stretching.

A good way to improve your fitness and core stability. A fun and simple way to stay fit and active.

Duration 1 Hour Please remember to bring a bottle of water to all exercise classes.

No further discount or deductions apply.



VENUE	ADDRESS	DAY/TIME
ROZELLE – Hannaford Community Centre	608 Darling St	Mon 9.00 am
ROZELLE – Hannaford Community Centre	608 Darling St	Mon 10.00 am
MORTDALE – RSL Club (Macquarie Room 1 st Floor)	25 Macquarie Pl	Mon 2.30 pm

TERM 1	TERM 2
T1 19 9A 04 th Feb - 8 th April \$100.00 10 weeks	T2 19 9A 29 th April – 1 st July \$90.00 9 weeks
T1 19 9B 04 th Feb - 8 th April \$100.00 10 weeks	T2 19 9B 29 th April – 1 st July \$90.00 9 weeks
T1 19 9C 04 th Feb - 8 th April \$100.00 10 weeks	T2 19 9C 29 th April – 1 st July \$90.00 9 weeks

TERM 3	TERM 4
T3 19 9A 22 nd July – 23 rd Sept \$100.00 10 weeks	T4 19 9A 14 th Oct – 16 th Dec \$100.00 10 weeks
T3 19 9B 22 nd July – 23 rd Sept \$100.00 10 weeks	T4 19 9B 14 th Oct – 16 th Dec \$100.00 10 weeks
T3 19 9C 22 nd July – 23 rd Sept \$100.00 10 weeks	T4 19 9C 14 th Oct – 16 th Dec \$100.00 10 weeks

MOVE IT or LOSE IT

Tai Chi: Participants work within their own comfort zone and will always have new skills to learn. Discover how to create a new positive energy, challenge your mind and body and enjoy many health benefits including improved balance, range of movement and concentration. **Duration 1 hour**



VENUE	ADDRESS	DAY/TIME	TERM 1	TERM 2	TERM 3	TERM 4
CONCORD – Seniors Centre	11 Wellbank St	Tues 10.15am	T1 19 4B 29 th Jan- 9 th April \$110.00 11 weeks	T2 19 4B 30 th Apr – 2 nd Jul \$100.00 10 weeks	T3 19 4B 23 rd July – 24 th Sept \$100.00 10 weeks	T4 19 4B 15 th Oct – 17 th Dec \$100.00 10 weeks
DULWICH HILL – Seniors Centre Intermediate	14 Seaview St	Fri 10.00am	T1 19 4D 1 st Feb – 12 th April \$110.00 11 weeks	T2 19 4D 3 rd May – 5 th July \$100.00 10 weeks	T3 19 4D 26 th July – 27 th Sept \$100.00 10 weeks	T4 19 4D 18 th Oct – 20 th Dec \$100.00 10 weeks
HURSTVILLE – Salvation Army Hall	Cnr Bond & Dora St	Mon 9.30am	T1 19 4E 04 th Feb - 8 th April \$100.00 10 weeks	T2 19 4E 29 th April – 1 st July \$90.00 9 weeks	T3 19 4E 22 nd July – 23 rd Sept \$100.00 10 weeks	T4 19 4E 14 th Oct – 16 th Dec \$100.00 10 weeks
LEICHHARDT – All Souls Anglican Church	13-16 Marion St	Tues 9.15am	T1 19 4F 29 th Jan- 9 th April \$110.00 11 weeks	T2 19 4F 30 th Apr – 2 nd Jul \$100.00 10 weeks	T3 19 4F 23 rd July – 24 th Sept \$100.00 10 weeks	T4 19 4F 15 th Oct – 17 th Dec \$100.00 10 weeks
MIRANDA – Community Centre Beginners Class	Karimbla Rd	Fri 9.00am	T1 19 4G 1 st Feb – 12 th April \$110.00 11 weeks	T2 19 4G 3 rd May – 5 th July \$100.00 10 weeks	T3 19 4G 26 th July – 27 th Sept \$100.00 10 weeks	T4 19 4G 18 th Oct – 20 th Dec \$100.00 10 weeks
MIRANDA – Community Centre Intermediate Class	Karimbla Rd	Fri 10.00am	T1 19 4H 1 st Feb – 12 th April \$110.00 11 weeks	T2 19 4H 3 rd May – 5 th July \$100.00 10 weeks	T3 19 4H 26 th July – 27 th Sept \$100.00 10 weeks	T4 19 4H 18 th Oct – 20 th Dec \$100.00 10 weeks
ASHBURY – Senior Citizen's Centre	66 Princess St	Thurs 9.00am	T1 19 4N 31 st Jan – 11 th Apr \$110.00 11 weeks	T1 19 4N 2 nd May – 4 th July \$100.00 10 weeks	T1 19 4N 25 th July – 26 th Sept \$100.00 10 weeks	T1 19 4N 17 th Oct – 19 th Dec \$100.00 10 weeks
ANNANDALE – Neighbourhood Centre	79 Johnston Street	Tues 11.45am	T1 19 4P 29 th Jan- 9 th April \$110.00 11 weeks	T2 19 4P 30 th Apr – 2 nd Jul \$100.00 10 weeks	T3 19 4P 23 rd July – 24 th Sept \$100.00 10 weeks	T4 19 4P 15 th Oct – 17 th Dec \$100.00 10 weeks
Burwood - Woodstock Community Centre	Jackett Conference Room	Thurs 10:00am		T2 19 4O 2 nd May – 4 th July FREE 10 weeks	T3 19 4O 25 th July – 26 th Sept FREE 10 weeks	T3 19 4O 17 th Oct – 19 th Dec FREE 10 weeks



Specialised Classes

Specialised classes will keep you active, independent and strong. These classes are specifically designed to meet your needs. **Duration 1 Hour**



VENUE	ADDRESS	DAY/TIME
CONCORD - Senior Citizens	11 Wellbank St	Tues 12.30pm
SANS SOUCI – St George Motor Boat Club (Sapphire Room)	2 Wellington Street	SPECIAL NEEDS Wed 11.45am
BURWOOD – Woodstock Community Centre	22 Church St	SPECIAL NEEDS Tues 11.00am
BURWOOD – Woodstock Community Centre	22 Church St	SPECIAL NEEDS Tues 12.00pm

TERM 1	TERM 2
T1 19 7A 29 th Jan- 9 th April \$110.00 11 weeks	T2 19 7A 30 th Apr – 2 nd Jul \$100.00 10 weeks
T1 19 7B 30 th Jan – 10 th Apr \$132.00 11 weeks	T2 19 7B 1 st May – 3 rd July \$120.00 10 weeks
T1 19 7C 29 th Jan- 9 th April \$50.00 Subsidised 11 weeks	T2 19 7C 30 th Apr – 2 nd Jul \$50.00 Subsidised 10 weeks
T1 19 7D 29 th Jan- 9 th April \$50.00 Subsidised 11 weeks	T2 19 7D 30 th Apr – 2 nd Jul \$50.00 Subsidised 10 weeks

TERM 3	TERM 4
T3 19 7A 23 rd July – 24 th Sept \$100.00 10 weeks	T4 19 7A 15 th Oct – 17 th Dec \$100.00 10 weeks
T3 19 7B 24 th July – 25 th Sept \$120.00 10 weeks	T4 19 7B 16 th Oct – 18 th Dec \$120.00 10 weeks
T3 19 7C 23 rd July – 24 th Sept \$50.00 Subsidised 10 weeks	T4 19 7C 15 th Oct – 17 th Dec \$50.00 Subsidised 10 weeks
T3 19 7D 23 rd July – 24 th Sept \$50.00 Subsidised 10 weeks	T4 19 7D 15 th Oct – 17 th Dec \$50.00 Subsidised 10 weeks

MOVE IT or LOSE IT



Strength, Stretch & Relax

Fun class which 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.

Duration 1 Hour

VENUE	ADDRESS	DAY/TIME	TERM 1	TERM 2	TERM 3	TERM 4
BEXLEY – Community Centre	405 Bexley Road	Wed 10.30am	T1 19 3A 30 th Jan – 10 th Apr \$110.00 11 weeks	T2 19 3A 1 st May – 3 rd July \$100.00 10 weeks	T3 19 3A 24 th July – 25 th Sept \$100.00 10 weeks	T4 19 3A 16 th Oct – 18 th Dec \$100.00 10 weeks
PEAKHURST – St Matthews Church (at rear)	4a Whitegates Ave	Thurs 11.30am	T1 19 3B 31 st Jan – 11 th Apr \$110.00 11 weeks	T2 19 3B 2 nd May – 4 th July \$100.00 10 weeks	T3 19 3B 25 th July – 26 th Sept \$100.00 10 weeks	T4 19 3B 17 th Oct – 19 th Dec \$100.00 10 weeks
OATLEY – RSL Club (1 st Floor)	23 Letitia St	Tues 12.30pm	T1 19 3C 29 th Jan- 9 th April \$110.00 11 weeks	T2 19 3C 30 th Apr – 2 nd Jul \$100.00 10 weeks	T3 19 3C 23 rd July – 24 th Sept \$100.00 10 weeks	T4 19 3C 15 th Oct – 17 th Dec \$100.00 10 weeks
OATLEY – RSL Club (1 st Floor)	23 Letitia St	Wed 10.30am	T1 19 3D 30 th Jan – 10 th Apr \$110.00 11 weeks	T2 19 3D 1 st May – 3 rd July \$100.00 10 weeks	T3 19 3D 24 th July – 25 th Sept \$100.00 10 weeks	T4 19 3D 16 th Oct – 18 th Dec \$100.00 10 weeks
OATLEY – RSL Club (Sports Room, downstairs)	23 Letitia St	Fri 10.30am	T1 19 3F 1 st Feb – 12 th April \$110.00 11 weeks	T2 19 3F 3 rd May – 5 th July \$100.00 10 weeks	T3 19 3F 26 th July – 27 th Sept \$100.00 10 weeks	T4 19 3F 18 th Oct – 20 th Dec \$100.00 10 weeks
ENGADINE – Community Centre	1034 – 1036 Old Princes Hwy	Wed 11.00am	T1 19 3G 30 th Jan – 10 th Apr \$110.00 11 weeks	T2 19 3G 1 st May – 3 rd July \$100.00 10 weeks	T3 19 3G 24 th July – 25 th Sept \$100.00 10 weeks	T4 19 3G 16 th Oct – 18 th Dec \$100.00 10 weeks

Aqua Aerobics: Engages the body to continuously move to keep its balance in water. Moving in water engages more muscle fibers because of the water's consistent resistance. This helps shape and tone your body, as well as keep your heart rate up, offers a low impact workout developing cardiovascular endurance.
Duration 45 mins.

LEVELS	ADDRESS	DAY/TIME	TERM 1	TERM 2	TERM 3	TERM 4
Moderate Intensity	Peakhurst West Public School Poo Ogilvy Street, Peakhurst	Tues 11.15am	T1 19 13A 29 th Jan- 9 th April \$110.00 11 weeks	T2 19 13A 30 th Apr – 2 nd Jul \$100.00 10 weeks	T3 19 13A 23 rd July – 24 th Sept \$100.00 10 weeks	T4 19 13A 15 th Oct – 17 th Dec \$100.00 10 weeks
Moderate Intensity	Peakhurst West Public School Poo Ogilvy Street, Peakhurst	Tues 12.10pm	T1 19 13B 29 th Jan- 9 th April \$110.00 11 weeks	T2 19 13B 30 th Apr – 2 nd Jul \$100.00 10 weeks	T3 19 13B 23 rd July – 24 th Sept \$100.00 10 weeks	T4 19 13B 15 th Oct – 17 th Dec \$100.00 10 weeks

Gentle Aqua : Is an excellent follow-up to physiotherapy or rehabilitation and 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. Includes a warm-up aerobics, strength, balance, cool-down and stretching exercises. **Swimming skills are not required for these classes. Duration 45 mins.**

Please Note:

Gentle Aqua classes are very popular and there is limited space in the pools, enrol early to avoid disappointment.

No glass or breakable containers should be taken to any Aqua classes

If you have any of the following conditions you **SHOULD NOT** use the pool:

- Incontinence
- Infection such as urinary tract, eye or ear and or thrush
- Open wound area as skin tear, ulcers or sutures, tinea
- Very high or unstable blood pressure
- Acute cardiac conditions

NOTE: All Hospital Pools

Due to safety issues, participants are not permitted to use talcum powder in the pool area & change rooms. No glass or breakable containers.



RPA Hospital Hydrotherapy Pool – QEII Building Missenden Rd, Camperdown

LEVELS	DAY/TIME	TERM 1	TERM 2	TERM 3	TERM 4
Level 1 = Low to Moderate Intensity	Mon 7:30 am	T1 19 5A 04 th Feb- 8 th Apr \$105.00 10 weeks	T2 19 5A 29 th April – 01 st July \$94.50 09 weeks	T3 19 5A 22 nd July – 23 rd Sept \$105.00 10 weeks	T4 19 5A 14 th Oct – 16 th Dec \$105.00 10 weeks
Level 2 = Moderate Intensity	Mon 4.00 pm	T1 19 5B 04 th Feb- 8 th Apr \$105.00 10 weeks	T2 19 5B 29 th April – 01 st July \$94.50 09 weeks	T3 19 5B 22 nd July – 23 rd Sept \$105.00 10 weeks	T4 19 5B 14 th Oct – 16 th Dec \$105.00 10 weeks
Level 2 = Moderate Intensity	Mon 05.00 pm	T1 19 5C 04 th Feb- 8 th Apr \$105.00 10 weeks	T2 19 5C 29 th April – 01 st July \$94.50 09 weeks	T3 19 5C 22 nd July – 23 rd Sept \$105.00 10 weeks	T4 19 5C 14 th Oct – 16 th Dec \$105.00 10 weeks
Level 1 = Low to Moderate Intensity	Tues 7:30 am	T1 19 5D 29 th Jan- 9 th April \$115.50 11 weeks	T2 19 5D 30 th Apr-2 nd Jul \$105.00 10 weeks	T3 19 5D 23 rd Jul- 24 th Sept \$105.00 10 weeks	T4 19 5D 15 th Oct – 17 th Dec \$105.00 10 weeks
Level 2 = Moderate Intensity	Tues 4:00 pm	T1 19 5E 29 th Jan- 9 th April \$115.50 11 weeks	T2 19 5E 30 th Apr-2 nd Jul \$105.00 10 weeks	T3 19 5E 23 rd Jul- 24 th Sept \$105.00 10 weeks	T4 19 5E 15 th Oct – 17 th Dec \$105.00 10 weeks
Level 2 = Moderate Intensity	Tues 5.00 pm	T1 19 5F 29 th Jan- 9 th April \$115.50 11 weeks	T2 19 5F 30 th Apr-2 nd Jul \$105.00 10 weeks	T3 19 5F 23 rd Jul- 24 th Sept \$105.00 10 weeks	T4 19 5F 15 th Oct – 17 th Dec \$105.00 10 weeks
Level 1 = Low to Moderate Intensity	Wed 7:30 am	T1 19 5G 30 th Jan – 10 th April \$115.50 11 weeks	T2 19 5G 1 st May – 03 rd July \$105.00 10 weeks	T3 19 5G 24 th July – 25 th Sept \$105.00 10 weeks	T4 19 5G 16 th Oct – 18 th Dec \$105.00 10 weeks
Level 2 = Moderate Intensity	Wed 4.00 pm	T1 19 5H 30 th Jan – 10 th April \$115.50 11 weeks	T2 19 5H 1 st May – 03 rd July \$105.00 10 weeks	T3 19 5H 24 th July – 25 th Sept \$105.00 10 weeks	T4 19 5H 16 th Oct – 18 th Dec \$105.00 10 weeks
Level 2 = Moderate Intensity	Wed 5.00 pm	T1 19 5I 30 th Jan – 10 th April \$115.50 11 weeks	T2 19 5I 1 st May – 03 rd July \$105.00 10 weeks	T3 19 5I 24 th July – 25 th Sept \$105.00 10 weeks	T4 19 5I 16 th Oct – 18 th Dec \$105.00 10 weeks
Level 1 = Low to Moderate Intensity	Thurs 7:30 am	T1 19 5J 31 st Jan- 11 th April \$115.50 11 weeks	T2 19 5J 02 nd May – 4 th July \$105.00 10 weeks	T3 19 5J 25 th July – 26 th Sept \$105.00 10 weeks	T4 19 5J 17 th Oct – 19 th Dec \$105.00 10 weeks

Level 2 = Moderate Intensity	Thurs 4.00 pm		T1 19 5K 31 st Jan- 11 th April \$115.50 11 weeks	T2 19 5K 02 nd May – 4 th July \$105.00 10 weeks		T3 19 5K 25 th July – 26 th Sept \$105.00 10 weeks	T4 19 5K 17 th Oct – 19 th Dec \$105.00 10 weeks
Level 2 = Moderate Intensity	Thurs 05.00 pm		T1 19 5L 31 st Jan- 11 th April \$115.50 11 weeks	T2 19 5L 02 nd May – 4 th July \$105.00 10 weeks		T3 19 5L 25 th July – 26 th Sept \$105.00 10 weeks	T4 19 5L 17 th Oct – 19 th Dec \$105.00 10 weeks
Level 1 = Low to Moderate Intensity	Fri 7:30 am		T1 19 5M 01 st Feb-12 th April \$115.50 11 weeks	T2 19 5M 3 rd May – 5 th July \$105.00 10 weeks		T3 19 5M 26 th July – 27 th Sept \$105.00 10 weeks	T4 19 5M 18 th Oct – 20 th Dec \$105.00 10 weeks
Level 2 = Moderate Intensity	Fri 4.00 pm		T1 19 5N 01 st Feb-12 th April \$115.50 11 weeks	T2 19 5N 3 rd May – 5 th July \$105.00 10 weeks		T3 19 5N 26 th July – 27 th Sept \$105.00 10 weeks	T4 19 5N 18 th Oct – 20 th Dec \$105.00 10 weeks
Level 2 = Moderate Intensity	Fri 5.00 pm		T1 19 5O 01 st Feb-12 th April \$115.50 11 weeks	T2 19 5O 3 rd May – 5 th July \$105.00 10 weeks		T3 19 5O 26 th July – 27 th Sept \$105.00 10 weeks	T4 19 5O 18 th Oct – 20 th Dec \$105.00 10 weeks
Level 1 = Low to Moderate Intensity	Sat 9:00 am		T1 19 5P 2 nd Feb – 13 th April \$115.50 11 weeks	T2 19 5P 4 th May – 6 th July \$105.00 10 weeks		T3 19 5P 27 th July – 28 th Sept \$105.00 10 weeks	T4 19 5P 19 th Oct – 14 th Dec \$94.50 09 weeks
Level 2 = Moderate Intensity	Sat 10:00am		T1 19 5Q 2 nd Feb – 13 th April \$115.50 11 weeks	T2 19 5Q 4 th May – 6 th July \$105.00 10 weeks		T3 19 5Q 27 th July – 28 th Sept \$105.00 10 weeks	T4 19 5Q 19 th Oct – 14 th Dec \$94.50 09 weeks
Level 2 = Moderate Intensity	Sat 12:00pm		T1 19 5R 2 nd Feb – 13 th April \$115.50 11 weeks	T2 19 5R 4 th May – 6 th July \$105.00 10 weeks		T3 19 5R 27 th July – 28 th Sept \$105.00 10 weeks	T4 19 5R 19 th Oct – 14 th Dec \$94.50 09 weeks
Level 1 = Low to Moderate Intensity	Sat 1:00pm		T1 19 5S 2 nd Feb – 13 th April \$115.50 11 weeks	T2 19 5S 4 th May – 6 th July \$105.00 10 weeks		T3 19 5S 27 th July – 28 th Sept \$105.00 10 weeks	T4 19 5S 19 th Oct – 14 th Dec \$94.50.00 09 weeks
Level 2 = Moderate Intensity	Sat 3:00pm		T1 19 5T 2 nd Feb – 13 th April \$115.50	T2 19 5T 4 th May – 6 th July \$105.00		T3 19 5T 27 th July – 28 th Sept \$105.00	T4 19 5T 19 th Oct – 14 th Dec \$94.50.00

Gentle Aqua (Continued Duration 45 Mins)

Canterbury Hospital Hydrotherapy Pool - Canterbury Rd, Campsie

LEVELS	DAY/TIME	TERM 1	TERM 2	TERM 3	TERM 4
Level 1 = Low/Moderate Intensity – Women Only	Mon 4.00 pm	T1 19 6A 04 th Feb- 8 th Apr \$105.00 10 weeks	T2 19 6A 29 th April – 01 st July \$94.50 09 weeks	T3 19 6A 22 nd July – 23 rd Sept \$105.00 10 weeks	T4 19 6A 14 th Oct – 16 th Dec \$105.00 10 weeks
Level 2 = Moderate Intensity	Mon 5.00 pm	T1 19 6B 04 th Feb- 8 th Apr \$105.00 10 weeks	T2 19 6B 29 th April – 01 st July \$94.50 09 weeks	T3 19 6B 22 nd July – 23 rd Sept \$105.00 10 weeks	T4 19 6B 14 th Oct – 16 th Dec \$105.00 10 weeks
Level 2 = Moderate Intensity – Women Only	Tues 8.30 am	T1 19 6C 29 th Jan- 9 th April \$115.50 11 weeks	T2 19 6C 30 th Apr-2 nd Jul \$105.00 10 weeks	T3 19 6C 23 rd Jul- 24 th Sept \$105.00 10 weeks	T4 19 6C 15 th Oct – 17 th Dec \$105.00 10 weeks
Level 2 = Moderate Intensity – Women Only	Tues 12.30 pm	T1 19 6D 29 th Jan- 9 th April \$115.50 11 weeks	T2 19 6D 30 th Apr-2 nd Jul \$105.00 10 weeks	T3 19 6D 23 rd Jul- 24 th Sept \$105.00 10 weeks	T4 19 6D 15 th Oct – 17 th Dec \$105.00 10 weeks
Level 1 = Low to Moderate Intensity Women Only				T3 19 6L 23 rd Jul- 24 th Sept \$105.00 10 weeks	T4 19 6L 15 th Oct – 17 th Dec \$105.00 10 weeks
Level 1 = Low to Moderate Intensity	Wed 8.30 am	T1 19 6E 30 th Jan – 10 th April \$115.50 11 weeks	T2 19 6E 1 st May – 03 rd July \$105.00 10 weeks	T3 19 6E 24 th July – 25 th Sept \$105.00 10 weeks	T4 19 6E 16 th Oct – 18 th Dec \$105.00 10 weeks
Level 1 = Low to Moderate Intensity	Wed 09.45 am	T1 19 6F 30 th Jan – 10 th April \$115.50 11 weeks	T2 19 6F 1 st May – 03 rd July \$105.00 10 weeks	T3 19 6F 24 th July – 25 th Sept \$105.00 10 weeks	T4 19 6F 16 th Oct – 18 th Dec \$105.00 10 weeks
Level 2 = Moderate Intensity – Women Only	Thurs 8.30 am	T1 19 6G 31 st Jan- 11 th April \$115.50 11 weeks	T2 19 6G 02 nd May – 4 th July \$105.00 10 weeks	T3 19 6G 25 th July – 26 th Sept \$105.00 10 weeks	T4 19 6G 17 th Oct – 19 th Dec \$105.00 10 weeks
Level 1 = Low to Moderate Intensity	Thurs 12.30 pm	T1 19 6H 31 st Jan- 11 th April \$115.50 11 weeks	T2 19 6H 02 nd May – 4 th July \$105.00 10 weeks	T3 19 6H 25 th July – 26 th Sept \$105.00 10 weeks	T4 19 6H 17 th Oct – 19 th Dec \$105.00 10 weeks
Level 2 = Moderate Intensity	Thurs 04.00 pm	T1 19 6I 31 st Jan- 11 th April \$115.50 11 weeks	T2 19 6I 02 nd May – 4 th July \$105.00 10 weeks	T3 19 6I 25 th July – 26 th Sept \$105.00 10 weeks	T4 19 6I 17 th Oct – 19 th Dec \$105.00 10 weeks
Level 1 = Low/Moderate Intensity- Women Only	Fri 4.00 pm	T1 19 6J 01 st Feb-12 th April \$115.50 11 weeks	T2 19 6J 3 rd May – 5 th July \$105.00 10 weeks	T3 19 6J 26 th July – 27 th Sept \$105.00 10 weeks	T4 19 6J 18 th Oct – 20 th Dec \$105.00 10 weeks

Level 2 = Moderate Intensity	Fri 5.00 pm
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T1 19 6K 01 st Feb-12 th April \$115.50 11 weeks	T2 19 6K 3 rd May – 5 th July \$105.00 10 weeks
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T3 19 6K 26 th July – 27 th Sept \$105.00 10 weeks	T4 19 6K 18 th Oct – 20 th Dec \$105.00 10 weeks
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Gentle Aqua (Continued Duration 45 Mins)

St George Hospital Hydrotherapy Pool – South Street, Kogarah

NOTE: St George Hospital requires that *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.

LEVELS	DAY/TIME
Level 1 = Low to Moderate Intensity	Mon 12.30 pm
Level 1 = Low to Moderate Intensity	Mon 1.15 pm
Level 2 = Moderate Intensity	Fri 12.30 pm
Level 2 = Moderate Intensity	Fri 1.15 pm
Level 1 = Low to Moderate Intensity	Thurs 4.30 pm
Level 1 = Low to Moderate Intensity	Wed 12.30 pm
Level 1 = Low to Moderate Intensity	Wed 01.15 pm

TERM 1	TERM 2
T1 19 10A 04 th Feb- 8 th Apr \$105.00 10 weeks	T2 19 10A 29 th April – 01 st July \$94.50 09 weeks
T1 19 10B 04 th Feb- 8 th Apr \$105.00 10 weeks	T2 19 10B 29 th April – 01 st July \$94.50 09 weeks
T1 19 10C 01 st Feb-12 th April \$115.50 11 weeks	T2 19 10C 3 rd May – 5 th July \$105.00 10 weeks
T1 19 10D 01 st Feb-12 th April \$115.50 11 weeks	T2 19 10D 3 rd May – 5 th July \$105.00 10 weeks
T1 19 10E 31 st Jan- 11 th April \$115.50 11 weeks	T2 19 10E 02 nd May – 4 th July \$105.00 10 weeks
T1 19 10F 30 th Jan – 10 th April \$115.50 11 weeks	T2 19 10F 1 st May – 03 rd July \$105.00 10 weeks
T1 19 10G 30 th Jan – 10 th April \$115.50 11 weeks	T2 19 10G 1 st May – 03 rd July \$105.00 10 weeks

TERM 3	TERM 4
T3 19 10A 22 nd July – 23 rd Sept \$105.00 10 weeks	T4 19 10A 14 th Oct – 16 th Dec \$105.00 10 weeks
T3 19 10B 22 nd July – 23 rd Sept \$105.00 10 weeks	T4 19 10B 14 th Oct – 16 th Dec \$105.00 10 weeks
T3 19 10C 26 th July – 27 th Sept \$105.00 10 weeks	T4 19 10C 18 th Oct – 20 th Dec \$105.00 10 weeks
T3 19 10D 26 th July – 27 th Sept \$105.00 10 weeks	T4 19 10D 18 th Oct – 20 th Dec \$105.00 10 weeks
T3 19 10E 25 th July – 26 th Sept \$105.00 10 weeks	T4 19 10E 17 th Oct – 19 th Dec \$105.00 10 weeks
T3 19 10F 24 th July – 25 th Sept \$105.00 10 weeks	T4 19 10F 16 th Oct – 18 th Dec \$105.00 10 weeks
T3 19 10G 24 th July – 25 th Sept \$105.00 10 weeks	T4 19 10G 16 th Oct – 18 th Dec \$105.00 10 weeks

Level 1 = Low to Moderate Intensity	Thurs 5.15 pm
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	T2 19 10H 09 th May – 4 th July \$94.50 09 weeks
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T3 19 10H 25 th July – 26 th Sept \$105.00 10 weeks	T4 19 10H 17 th Oct – 19 th Dec \$105.00 10 weeks
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Gentle Aqua (Continued Duration 45 Mins)

Japara Aged Care Home – 2 Reading Road, Brighton- Le -Sands

LEVELS	DAY/TIME
Level 1 = Low to Moderate Intensity	Tues 2.00 pm
Level 1 = Low to Moderate Intensity	Tues 3.00 pm
Level 1 = Low to Moderate Intensity	Wed 2.00 pm
Level 1 = Low to Moderate Intensity	Wed 3.00 pm

TERM 1	TERM 2

TERM 3	TERM 4
T3 19 11A 23 rd Jul- 24 th Sept \$60.00 10 weeks	T4 19 11A 15 th Oct – 17 th Dec \$60.00 10 weeks
T3 19 11B 23 rd Jul- 24 th Sept \$60.00 10 weeks	T4 19 11B 15 th Oct – 17 th Dec \$60.00 10 weeks
T3 19 11C 24 th July – 25 th Sept \$60.00 10 weeks	T4 19 11C 16 th Oct – 18 th Dec \$60.00 10 weeks
T3 19 11D 24 th July – 25 th Sept \$60.00 10 weeks	T4 19 11D 16 th Oct – 18 th Dec \$60.00 10 weeks



Community Partnerships Programs

For further information or enrolment please contact our Community partners listed below

No	CLASS	VENUE	DAY/TIME	CONTACT
1	Gentle Exercise	Strathfield Community Centre 1b Bates Street, Homebush	Thurs 10:30 am	Strathfield Council Contact 9748 9999
2	Gentle Exercise	Cliff Noble Centre 24-26 Suttor Street, Alexandria	Tues 11:00 am	City of Sydney Council Contact 9265 9489
3	Gentle Exercise	Tom Foster Community Centre 11-13 Darley Street, Newtown	Selected Wed 11:15 am	Inner West Council Contact 9335 2187
4	Gentle Exercise & Gentle Yoga	Kingsgrove Community Aid Centre 30 Morgan Street, Kingsgrove	Thurs 9.30am Thurs 11:00am	Kingsgrove Community Aid Centre Contact SHARE 8580 0628
5	Gentle Exercise	South- East Neighbourhood Centre 169 Victoria Street, Beaconsfield	Selected Thursday 11.30am	SHARE Contact 8580 0628
6	Gentle Exercise	Cliff Noble Community Centre 24-26 Suttor Street, Alexandria	Thurs 10.00am	SHARE Contact 8580 0628
7	Gentle Exercise /Tai Chi focus	The Exodus Foundation 180 Liverpool Road Ashfield	Fri 10:30 am	Inner West Council Contact 9716 1866
8	Gentle Exercise	Rozelle Neighbourhood Centre 665A Darling Street, Rozelle	Selected Wednesdays 7.00pm	Rozelle Neighbourhood Centre Contact 8580 0628
9	Gentle Exercise	Tom Foster Community Centre 11-13 Darley Street, Newtown	Selected Fridays 11am	Inner West Council Contact 9335 2187
10	Gentle Exercise	Calvary Hospital 91 – 111 Rocky Point Road, Kogarah	Friday 9:30am	SHARE Contact 8580 0628
11	Gentle Exercise	CECAL-Canterbury Earlwood Caring Association	Thursday 9:30am	SHARE

		15 Clarke Street, Earlwood		Contact 8580 0628
12	Sit To Fit	Ron Williams Centre 5-11 Kepos Street, Redfern	Wed 12:30 pm	City of Sydney Council Contact 9265 9489
13	Tai Chi in the Park	Turruwul Park Cnr Rothschild Ave & Hayes Road, Rosebery	Wed 9:30 am	City of Sydney Council Contact 9265 9489
14	Tai Chi in the Park	Redfern Park Cnr Redfern & Chalmers Streets, Redfern	Wed 11:00 am	City of Sydney Council Contact 9265 9489
15	Tai Chi in the Park	Ashfield Park Ormond Street, Ashfield	Wed 10:00am	Inner West Council Contact 9716 1866
16	Tai Chi in the Park	Lewisham-Morton Park 52 Gould Ave, Lewisham	Fri 9.00am	Inner West Council Contact 9335 2191
17	Tai Chi in the Park	Enmore Enmore Park, Enmore Road, Marrickville	Sat 9.00am	Inner West Council Contact 9335 2191
18	Tai Chi in the Park	Tempe Kendrick Park 920 Princes Highway, Tempe	Mon 9.00am	Inner West Council Contact 9335 2191
19	Relax & Unwind	Penshurst Pole Depot 23 St Georges Road, Penshurst	Thursday 1pm	3Bridges Community Contact SHARE 8580 0628
20	Strength, Stretch & Relax	Mortdale Mortdale RSL 25 Macquarie Place, Mortdale	Tuesday 11.15am	3Bridges Community Contact SHARE 8580 0628
21	Zumba	Australian Disability Foundation 38 Redman Pde, Belmore	Tuesday 10.30am	SHARE Contact 8580 0628
22	Stepping On-Falls Prevention	Kogarah School Of Arts Cnr Queens Avenue and Bowns Road, Kogarah	Selected Wednesday 1:00pm-3:00pm	SHARE Contact 8580 0628
23	Gentle Aqua Health Aboriginal	RPA Hydrotherapy Pool Camperdown QEII Building Missenden Road, Camperdown	Monday 12:30pm Thursday 12:30pm	AMS Redfern Co-op Contact 9319 5823

PLEASE NOTE: There are various pricing levels for the above programmes

MOVE IT or LOSE IT



Our vulnerable community members have an opportunity to access a fun exercise program.
Our team empowers participants to reach their health goals – both mentally and physically.

Farewell old habits, hello new intentions ...Let's celebrate to good health this New Year



Be Physically Active & Exercise Regularly



Focus on good Nutrition



Drink lots of water



Practice and Pursue harmony and balance in Life



Connect & Socialize

SHARE RUNS MANY OTHER CLASSES AND PROGRAMS IN COMMUNITY SETTINGS THAT ARE NOT LISTED HERE FOR MORE INFORMATION

CONTACT US



02 8580 0628



info@share.org.au



www.share.org.au

MOVE IT or LOSE IT

We acknowledge and thank all our supporters.