



# 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



Connect with us



@ SHARE We Care

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

## About us

S.H.A.R.E

### Self-Health 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:

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

### purpose

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
Men's Only classes	Weight Control/ Obesity Improve Cholesterol	Cardiovascular Bones/Muscles	Women's Health Cognitive Impairment	Quit Smoking Boost Concentration	Rehabilitation from Injury/ Post Operation

☎ 02 8580 0628

@ info@share.org.au

🌐 share.org.au

📍 Suite 1 A, 124 Forest Rd Hurstville 2220

## How To Enrol

Enrolment form

Pre-activity questionnaire (PAQ)

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

Fill in the details and return both forms via email, mail or hand deliver to head office.

## How to Pay



Visa/Master Card

NO American Express



Direct Deposit

Direct Deposit or Direct Transfer:

St George Bank Any Branch.

**Name:** SHARE SMR INC

**BSB:** 112 879

**Account Number:** 055 467 062



Cheque/Money Order:

Made Payable to SHARE SMR INC



**Cash payment**

Paid at head office Only

@ SHARE



Wellness Program – Timetable

## Important Information

SHARE classes are conducted during school terms

No classes on public holidays

All fees must be paid in advance by the closing date

Instructors cannot accept your enrolment fee at the class

You can do 2 make up-classes per term. 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

## What to bring to your exercise class?

A bottle of water

Comfortable clothes and shoes

Yoga mat and other equipment required for Yoga class

**Positive Attitude!**

## Notes for Aqua Class

your own towel and wear suitable swimming suit

Talcum powder is NOT permitted anywhere at the pool

No glass or breakable containers are allowed

You CAN NOT use the pool for the following conditions:

**Incontinence, Infection, Open wound area, Very high or unstable blood pressure and Acute cardiac conditions.**

# Wellness Calendar

Classes are held from Monday to Saturday during school terms

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



Active & Fit	Computer & IT	Feldenkrais	Gentle & Specialised	Strong & Active	Tea & Talk
Art As Therapy	Cooking & Nutrition	Fitter & Stronger	Line Dancing	Strength, Stretch & Relax	Yoga/ Gentle Yoga
Aqua Aerobic	Dance Classes	Gentle Aqua	Relax & Unwind	Tai Chi	Zumba Gold

# Social and Health Programs



Class Type	Venue	Day and Time	Class Number
Gentle Exercise <b>Earlwood</b>	TBA	Thurs 10:30 am	C1
Zumba <b>Belmore</b> Australian Disability Foundation	38 Redman Pde	Tues 10:30 am	C2
Stepping On Falls Prevention	TBA	10 Weeks	C4
Art as Therapy <b>Hurstville</b>	Head Office Suit 1 A, 124 Forest Rd	Thurs 2:00 pm Duration 1 Hour	C5
Tea & Talk <b>Hurstville</b>	Head Office Suit 1 A, 124 Forest Rd	Wed 2:00 pm Duration 1:30 Hours	C6
Line Dancing <b>Various Locations</b>	Various Locations	Tues 10:00 am Duration 1 Hour	C7

## Social and Health Programs (Continued)



Class Type	Venue	Day and Time	Class Number
Computer Savvy on the Net <b>Hurstville</b>	Head Office Suit 1 A, 124 Forest Rd	Mon 2:00 pm to 4:00 pm	C8
IT Savvy Nepalese Community <b>Hurstville</b>	Head Office Suit 1A, 124 Forest Rd	Wed 10:00 am to 12:00 pm	C9
Walking Buddies	Various Locations	Thurs 10:00 am Duration 1 Hour	C10
Computer Class <b>KOGARAH</b> School of Arts	Cnr Queens Ave & Bowns Rd	Wed 10:00 am Duration 1 Hour	C11
Cooking Class Partnership with Nutrition Australia	Zoom Other Venues TBC	Friday 12:00pm Duration 1 Hour	C12

### **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 which includes a warm-up, aerobics, strength, core stability exercises, a 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**

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.

### **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.

### **Feldenkrais: Duration 1 Hour**

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, feeling and moving you can improve Co-ordination and balance, reduce tension, stress, and pain, and enhance breathing and general well-being. **Wear comfortable clothes and socks, and bring your own mat or towel.**

### **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.

### **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.

### **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.



### 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.

### \*Dance Class: Duration 1 Hour

Low intensity dance program with easy to follow choreography, perfect for active older men and women who love to dance, without added pressure on your joints. Fantastic party style music with hits from today and yesteryear. Gain the benefits of exercise without floor work, weights, resistance bands or twisting of the knees. Flexible structure and many variations to suit your needs, including chairs available for those who want to dance while sitting

\*please contact SHARE head office on 85800628 for more information.



### **Aqua Aerobics: Duration 45 mins**

Engages the body to continuously move to keep its balance and muscle fibres engage more due to water's consistent resistance. Lead 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.



## Classes in January

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
Gentle Aqua @ Campsie	Canterbury Hospital Canterbury Rd	Tues 12:30 pm	SUM 204
Gentle Aqua @ Campsie	Canterbury Hospital Canterbury Rd	Wed 10:30 am	SUM 205
Gentle Aqua @ Campsie	Canterbury Hospital Canterbury Rd	Thurs 12:30 pm	SUM 206
Aqua Aerobic @ Peakhurst	Peakhurst West Public School, Ogilvy St	Tues 11:15 am	SUM 207

**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**.

# Live Virtual Class Via Zoom

Please contact SHARE office for more information



Class	Day & Time	Class Number
Active and Fit	Please refer to our website	ZC1
Zumba	Please refer to our website	ZC2
Strength, Stretch & Relax	Please refer to our website	ZC3
Strong and Active	Please refer to our website	ZC4
Fitter and Stronger	Please refer to our website	ZC5
Yoga Nepalese Community	Please refer to our website	ZC6

**Please Note:** Programs may be subject to change due to the Pandemic or any other unforeseen circumstances. Some classes may not be on this timetable, if you wish to attend a class near you please contact us on 8580 0628.

# Fitter & Stronger



Venue & Address	Day & Time	Class Number
St John's Anglican Church <b>ASHFIELD</b> 64 Bland St	Sat 9:15 am	1A
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	Mon 9:00 am	1O
* Woodstock Community Centre <b>BURWOOD</b> 22 Church St	Tue 10:00 am	1T
St Luke's Anglican Church <b>CONCORD</b> - 17 Burton St	Thurs 9:00 am	1C
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

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

## Fitter & Stronger: (Continued)

Venue & Address	Day & Time	Class Number
St Helens Community Centre - Level 1 <b>GLEBE</b> –184 Glebe Point Rd	Thurs 10:15 am	1G
*Kogarah School of Arts <b>KOGARAH</b> -Cnr Queens Ave & Bowns Rd	Wed 10:00 am	1H
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
Penshurst Anglican Church <b>Penshurst</b> 2 Carrington Street	Mon 8:45 am	1J
Penshurst Anglican Church <b>Penshurst</b> 2 Carrington Street	Thurs 10:15 am	1K
RSL Club (Downstairs) <b>OATLEY</b> – 23 Letitia St	Fri 9:30 am	1M
RSL Club (Downstairs) <b>OATLEY</b> – 23 Letitia St	Fri 8:30 am	1R
REDFERN Community Centre <b>REDFERN</b> – 29-53 Hugo St	Wed 9:30 am	1N
** STRATHFIELD Community Centre <b>STRATHFIELD</b> –1B Bates St	Thurs 10:30 am	1W

\*Subsidised by Georges River Council

\*\*Subsidised by Strathfield Council

# Strong & Active



Venue & Address	Day & Time	Class Number
Senior Citizens Centre <b>CARINGBAH</b> – 376-382 Port Hacking Rd	Thurs 11:00 am	2A
Baptist Church <b>BEVERLY HILL</b> - 9 Warrawee place	Wed 10:00 am	2B
RSL Club Auditorium <b>PENSHURST</b> - 58 A Penshurst St	Mon 10:15 am	2C
Sylvania Youth & Community <b>SYLVANIA HEIGHTS</b> - 288 Box Rd	Tues 11:15 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 1.5 Hours.**

# Strength, Stretch & Relax

Venue & Address	Day & Time	Class Number
Bexley Community Centre <b>BEXLEY</b> – 405 Bexley Rd	Wed 10:00 am	3A
Engadine Community Centre <b>ENGADINE</b> 1034 – 1036 Old Princes Hwy	Wed 11:00 am	3G
*Calvary Hospital <b>KOGARAH</b> 91– 111 Rocky Point Rd	Fri 9:30 am	3H
St Matthews Church <b>PEAKHURST</b> – 4a Whitegates Ave	Thurs 11:30 am	3B
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 Club (Sport Room, Downstairs) <b>OATLEY</b> – 23 Letitia St	Fri 10:30 am	3F
Ron Williams Centre <b>REDFERN</b> 5-11 Kepos St	Wed 12:30 pm	3K
Mortdale RSL <b>MORTDALE</b> – 25 Macquarie Place	Tues 11:15 am	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
Ashbury Senior Citizen's Centre <b>ASHBURY</b> – 66 Princess St	Thurs 9:00 am	4N
The Exodus Foundation <b>ASHFIELD</b> - 180 Liverpool Rd	Fri 10:30 am	4A
Ashfield Park <b>ASHFIELD</b> - Ormond St	Wed 10:00 am	4C
Neighbourhood Centre <b>ANNANDALE</b> – 79 Johnston St	Tues 11:45 am	4P
*Woodstock Community Centre <b>BURWOOD</b> – 22 Church St	Thurs 10:00 am	4O
Concord Seniors Centre <b>CONCORD</b> – 11 Wellbank St	Tues 10:30 am	4B
Seniors Centre Intermediate <b>DULWICH HILL</b> – 14 Seaview St	Fri 10:00 am	4D
Salvation Army Hall <b>HURSTVILLE</b> – Cnr Bond & Dora St	Mon 9:30 am	4E

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

## Tai Chi: (Continued)

Venue & Address	Day & Time	Class Number
All Souls Anglican Church <b>LEICHHARDT</b> – 126 Norton St	Wed 9:15 am	4F
Morton Park <b>LEWISHAM</b> - 52 Gould Ave	Fri 9:00 am	4K
Miranda Community Centre Beginners Class <b>MIRANDA</b> – Karimbla Rd	Fri 9:00 am	4G
Miranda Community Centre Beginners Class <b>MIRANDA</b> - Karimbla Rd	Fri 10:00 am	4H
Enmore Park <b>MARRICKVILLE</b> - Enmore Rd	Sat 9:00 am	4Q
Turruwul Park <b>ROSEBERY</b> - Cnr Rothschild Ave & Hayes Rd	Wed 9:30 am	4M
Redfern Park <b>REDFERN</b> - Cnr Redfern & Chalmers St	Wed 11:00 am	4R
Tai Chi in the Park <b>TEMPE</b> -Kendrick Park	Mon 9:00 am	4S

**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**.

## 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
Cliff Noble Community Centre <b>ALEXANDRIA</b> 24-26 Suttor St	Thurs 10:00 am	7G
* Woodstock Community Centre <b>BURWOOD</b> - 22 Church St	Tues 11:00 am	7C
* Woodstock Community Centre <b>BURWOOD</b> - 22 Church St	Tues 12:00 noon	7D
Seniors Centre - Men Only Class <b>CONCORD</b> - 11 Wellbank St	Tues 12:30 pm	7A
St George Motor Boat Club (Sapphire Room)- <b>SANS SOUCI</b> - 2 Wellington St	Wed 11:45 am	7B
Tom Foster Community Centre <b>NEWTOWN</b> 11-13 Darley St	Selected Fridays 11:00 am	7F

\* **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) <b>OATLEY</b> 23 Letitia St	Fri 12:30 pm	8B

## 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

## Feldenkrais

Venue & Address	Day & Time	Class Number
Bexley Community Centre <b>BEXLEY</b> – 405 Bexley Rd	Wed 11:00 am	11H

**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- <b>BURWOOD</b> – 22 Church St	Fri 9:00 am	14B
*Kogarah School of Arts <b>KOGARAH</b> - Cnr Queens Ave & Bowns Rd	Wed 10:30 am	14A

## Zumba Gold

Venue & Address	Day & Time	Class Number
*Kogarah School of Arts <b>KOGARAH</b> - Cnr Queens Ave & Bowns Rd	Wed 9:30 am	14C
St Patrick Green <b>KOGARAH</b> - 40 Chapel St	Thurs 4:00 pm	14F

\*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- <b>PEAKHURST</b> - Ogilvy St	Tues 11:15 am	13A
Peakhurst West Public School Moderate Intensity <b>PEAKHURST</b> -Ogilvy St	Tues 12:10 pm	13B
Enfield Aquatic Centre - Moderate Intensity - <b>ENFIELD</b> - 8 Portland St	TBC	13C
Enfield Aquatic Centre -Moderate Intensity - <b>ENFIELD</b> - 8 Portland St	TBC	13D

**\*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 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 <b>Women Only</b>	Tues 2:00 pm	11A
Level 1 = Low to Moderate Intensity <b>Women Only</b>	Tues 3:00 pm	11B
Level 1 = Low to Moderate Intensity <b>Women Only</b>	Wed 2:00 pm	11C
Level 1 = Low to Moderate Intensity <b>Women Only</b>	Wed 3:00 pm	11D

**@ Swimmerz Academy, 19 Wurrook Circuit, Caringbah**

Level & Class Type	Day & Time	Class Number
Level 1 = Low to Moderate Intensity <b>Women and Men</b>	Wed 11:30 am	15A
Level 1 = Low to Moderate Intensity <b>Women and Men</b>	Fri 11:30 am	15B

**\*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 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 <b>Women and Men</b>	Mon 7:30 am	5A
Level 2 = Moderate Intensity <b>Women and Men</b>	Mon 4:00 pm	5B
Level 2 = Moderate Intensity <b>Women and Men</b>	Mon 5:00 pm	5C
Level 1 = Low to Moderate Intensity <b>Women and Men</b>	Tues 7:30 am	5D
Level 2 = Moderate Intensity <b>Women and Men</b>	Tues 4:00 pm	5E
Level 2 = Moderate Intensity <b>Women and Men</b>	Tues 5:00 pm	5F
Level 1 = Low to Moderate Intensity <b>Women and Men</b>	Wed 7:30 am	5G
Level 2 = Moderate Intensity <b>Women and Men</b>	Wed 4:00 pm	5H
Level 2 = Moderate Intensity <b>Women and Men</b>	Wed 5:00 pm	5i
Level 1 = Low to Moderate Intensity <b>Women and Men</b>	Thurs 7:30 am	5J

**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 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 <b>Women and Men</b>	Thurs 4:00 pm	5K
Level 2 = Moderate Intensity <b>Women and Men</b>	Thurs 5:00 pm	5L
Level 1 = Low to Moderate Intensity <b>Women and Men</b>	Fri 7:30 am	5M
Level 2 = Moderate Intensity <b>Women and Men</b>	Fri 4:00 pm	5N
Level 2 = Moderate Intensity <b>Women and Men</b>	Fri 5:00 pm	5O
Level 1 = Low to Moderate Intensity <b>Women and Men</b>	Sat 9:00 am	5P
Level 2 = Moderate Intensity <b>Women and Men</b>	Sat 10:00 am	5Q
Level 2 = Moderate Intensity <b>Women and Men</b>	Sat 12:00 pm	5R
Level 1 = Low to Moderate Intensity <b>Women and Men</b>	Sat 1:00 pm	5S
Level 2 = Moderate Intensity <b>Women and Men</b>	Sat 3:00 pm	5T
Gentle Aqua – Health Aboriginal	Mon 12:30 pm & Thurs 12:30 pm	C3

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

# Gentle Aqua

\*Canterbury Hospital Hydrotherapy Pool – Canterbury Rd, Campsie

Level & Class Type	Day & Time	Class Number
Level 1 = Low to Moderate Intensity <b>Women Only</b>	Mon 4:00 pm	6A
Level 2 = Moderate Intensity <b>Women and Men</b>	Mon 5:00 pm	6B
Level 2 = Moderate Intensity <b>Women Only</b>	Tues 8:30 am	6C
Level 2 = Moderate Intensity <b>Women Only</b>	Tues 12:30 pm	6D
Level 1 = Low to Moderate Intensity <b>Women Only</b>	Tues 1:30 pm	6L
Level 1 = Low to Moderate Intensity <b>Women and Men</b>	Wed 8:30 am	6E
Level 1 = Low to Moderate Intensity <b>Women and Men</b>	Wed 9:45 am	6F
Level 2 = Moderate Intensity <b>Women Only</b>	Thurs 8:30 am	6G
Level 1 = Low to Moderate Intensity <b>Women Only</b>	Thurs 12:30 pm	6H
Level 2 = Moderate Intensity <b>Women and Men</b>	Thurs 4:00 pm	6i
Level 1 = Low to Moderate Intensity <b>Women Only</b>	Fri 4:00 pm	6J

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 <b>Women and Men</b>	Mon 12:30 pm	10A
Level 1 = Low to Moderate Intensity <b>Women and Men</b>	Mon 1:15 pm	10B
Level 1 = Low to Moderate Intensity <b>Women and Men</b>	Wed 12:30 pm	10F
Level 1 = Low to Moderate Intensity <b>Women and Men</b>	Wed 1:15 pm	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 5:15 pm	10H
Level 2 = Moderate Intensity <b>Women and Men</b>	Fri 12:30 pm	10C
Level 2 = Moderate Intensity <b>Women and Men</b>	Fri 1:15 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 45 mins.**

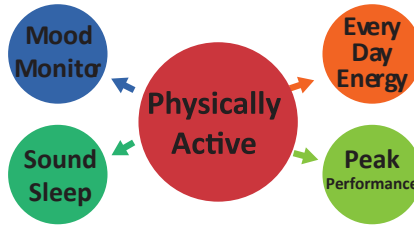
# COMMUNITY SERVICES

Food Hampers, Care Packs & Programs, Social Isolation,  
Need to Talk or Need Help  
Please Call us on 8580 0628

@ SHARE We Care



## Why be Physically active?



## Your Important Notes:

## Your Important Notes:

## Your Important Notes:

A large rectangular area with a blue border and a decorative notch at the top and bottom. The interior is filled with horizontal dotted lines, providing space for handwritten notes.

# Start Now

with a FREE trial class

## MOVE IT or LOSE IT!

### BENEFITS OF EXERCISE



Social Connection



Reduce the Risk of  
Cardiovascular Disease



Improve Mental Health



Manage Chronic Pain and  
Disease



Reduce the Risk of  
Osteoporosis and Arthritis



Prevent Falls and Increase  
Muscle Strength



#### CONTACT US

📞 02 8580 0628

@ info@share.org.au

🌐 share.org.au

📍 Head Office Suite 1 A, 124 Forest Rd Hurstville 2220 P.O Box 281 Kogarah NSW 1485