



# 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 02 8580 0628

# About Us



## S.H.A.R.E

### Self-Help Action Responsibility & Enrichment

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

	<p><b>Vision</b> Our vision is empowered, Australia wide, healthy communities.</p> <p><b>Mission</b> We assist people in their health management of complex conditions through exercise and education. We offer a range of affordable and varied exercise and education classes and programs which are responsive, practical and inclusive.</p> <p><b>Values</b> Compassion, Focused, Innovation, Evidence- based, Inclusiveness &amp; Trust</p> <p><b>Purpose</b> Is to build and sustain communities through a focus on holistic health and care, well-being services and rehabilitation through delivering preventative programs</p>
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Diabetes Management	High Blood Pressure	Depression	Mental Health	Loneliness/Social Isolation	Wellbeing & Happiness
Arthritis, Osteoarthritis & Rheumatoid Arthritis	Joint Pain and Restriction Musculoskeletal	Psychological Distress	Better Balance, Mobility & Falls Prevention	Low Energy & Nutrition	Management of Chronic Disease
Boost Concentration	Weight Control/ Obesity Improve Cholesterol	Cardiovascular Bones/Muscles	Cognitive Impairment	Quit Smoking	Rehabilitation from Injury/ Post Operation

📞 02 8580 0628

@[info@share.org.au](mailto:info@share.org.au) 🌐 [share.org.au](http://share.org.au)

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

## Important Information

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

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

Credit can only be transferred to the following term due to medical reason medical certificate is required

SHARE reserves the right to move, postpone and cancel any classes

## How to Enrol

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

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

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

## How to Pay

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



# Wellness Calendar

Classes are held from Monday to Saturday during school terms

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



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

# Social & Health Programs

Class Type	Venue	Day and Time	Class Number
Gentle Exercise <b>The Rocks</b>	The Rocks KGV Recreation Centre	Mon 11:00am	C1
Gentle Exercise <b>Alexandria</b>	Cliff Noble Community Centre	Tues 11:00am	Bayside Council
Stepping On Falls Prevention	TBA	10 Weeks	C4
Art as Therapy <b>Carlton</b>	Carlton School of Arts	Thurs 10.00am	C5
Tea & Talk <b>Hurstville</b>	Head Office Suit 1 A, 124 Forest Rd	TBC	C6
Zumba <b>Eastlakes</b>	Alf Kay Centre 2 Florence Ave	Fri 10:00 am	Bayside Council

## Social & Health Program (Continued)

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



### **Fitter & Stronger: Duration 1 Hour**

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

### **Strong & Active: Duration 1.5 Hour**

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

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

### **Strength, Stretch & Relax: Duration 1 Hour**

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

### **Tai Chi: Duration 1 hour**

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

### **Gentle/Specialised Classes: Duration 1 Hour**

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

## Relax & Unwind: Duration 1 Hour

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

## Active & Fit: Duration 1 Hour

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

## Yoga: Duration 1 Hour

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

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

## Zumba Gold: Duration 1 Hour

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



## Aqua Aerobics: Duration 45 mins

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

## Living Longer Living Stronger: Duration 1 hour

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

## Pilates: Duration 1 hour

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

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



CLASS	VENUE	DAY	CLASS NUMBER
Fitter & Stronger @ Oatley	Oatley RSL 23 Letitia St	Fri 9:00 am	SUM04
Pilates @ Oatley	Oatley RSL 23 Letitia St	Friday 10:00 am	SUM05
Strength, Stretch & Relax @ Oatley	Oatley RSL 23 Letitia St	Wed 10:00 am	SUM02
Fitter & Stronger @ Glebe	St Helen's Community Centre	Thurs 9:00am	SUM03
Zumba Gold @ Kogarah	Kogarah School of Arts Cnr Queens Ave & Bowns Rd	Wed 9:30 am	SUM06
Yoga @ Kogarah	Kogarah School of Arts Cnr Queens Ave & Bowns Rd	Wed 9.30am	SUM01
Living Longer Living Stronger @ Kogarah	Kogarah School of Arts Cnr Queens Ave & Bowns Rd	Wed 11:45am	SUML07

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

# Fitter & Stronger



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

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

## Fitter & Stronger: (Continued)



Venue & Address	Day & Time	Class Number
St Matthews Church <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 St	TBA	1J
Penshurst Anglican Church <b>Penshurst</b> 2 Carrington St	TBA	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
** STRATHFIELD Community Centre <b>STRATHFIELD</b> –1B Bates St	Thurs 10:00 am	1W

\*Subsidised by Georges River Council.

\*\*Subsidised by Strathfield Council.

# Strong & Active



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

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

**Class Duration:** Varies 1hr to 1.5 hr.

# Strength, Stretch & Relax

Venue & Address	Day & Time	Class Number
Beverly Hills Baptist Church <b>BEVERLY HILLS</b> – 9 Warrawee Pl	Wed 10:00 am	3A
ANZAC Oval <b>ENGADINE</b> 111 R Anzac Ave	Wed 11:00 am	3G
*Calvary Hospital <b>KOGARAH</b> 91– 111 Rocky Point Rd	TBA	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	TBA	3K
Mortdale RSL <b>MORTDALE</b> – 25 Macquarie Place	TBA	3L

\*Subsidised class- Class Duration 1 Hour

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

# Tai Chi



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

## Tai Chi (Continued)



Venue & Address	Day & Time	Class Number
Morton Park <b>LEWISHAM</b> - 52 Gould Ave	Fri 9:00 am	4K
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
Redfern Park <b>REDFERN</b> - Cnr Redfern & Chalmers St	Wed 11:00 am	4R
Tai Chi in the Park <b>TEMPE</b> -Kendrick Park	TBA	4S
Alf Kay Eastlakes Community Hall <b>EASTLAKES</b> – 2 Florence Ave	Tues 11:00am	4U

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



# Gentle/Specialised Classes



Venue & Address	Day & Time	Class Number
Cliff Noble Community Centre <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	TBA	7C
* Woodstock Community Centre <b>BURWOOD</b> - 22 Church St	TBA	7D
Seniors Centre - Men Only Class <b>CONCORD</b> - 11 Wellbank St	TBA	7A
St George Motor Boat Club (Sapphire Room)- <b>SANS SOUCI</b> - 2 Wellington St	TBA	7B

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

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

# Relax & Unwind



Venue & Address	Day & Time	Class Number
Oatley RSL Club (Downstairs) <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

**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	TBA	14B
*Kogarah School of Arts <b>KOGARAH</b> - Cnr Queens Ave & Bowns Rd	Wed 9:30 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
*Kogarah School of Arts <b>KOGARAH</b> - Cnr Queens Ave & Bowns Rd	Wed 10:30 am	14D
Arncliffe Youth & Recreation Centre <b>ARNCLIFFE</b> - 9 Townsend Lane	Thurs 9.30 am	14F
Oatley RSL Club (1 <sup>st</sup> Floor) <b>OATLEY</b> –23 Letitia St	Mon 12.15pm	14E

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

# Pilates



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

# Aqua Aerobics



Venue & Address	Day & Time	Class Number
Peakhurst West Public School Moderate Intensity- <b>PEAKHURST</b> - Ogilvy St	TBA	13A
Peakhurst West Public School Moderate Intensity <b>PEAKHURST</b> -Ogilvy St	TBA	13B
Enfield Aquatic Centre - Moderate Intensity - <b>ENFIELD</b> - 8 Portland St	TBA	13C
Enfield Aquatic Centre -Moderate Intensity - <b>ENFIELD</b> - 8 Portland St	TBA	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 12:00 pm	15A
Level 1 = Low to Moderate Intensity <b>Women and Men</b>	Fri 12:00 pm	15B

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**Class Duration 45 mins.**

# Gentle Aqua

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

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

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**Class Duration 45 mins.**

## Gentle Aqua: (Continued)

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

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

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Class Duration 45 mins.



# Gentle Aqua

**\*Canterbury Hospital Hydrotherapy Pool – Canterbury Rd, Campsie**

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

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**Class Duration 45 mins.**

# Gentle Aqua

## @ St George Hospital Hydrotherapy Pool – Belgrave St, Kogarah

**PLEASE NOTE:** St George Hospital requirements.

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

Level & Class Type	Day & Time	Class Number
Level 1 = Low to Moderate Intensity <b>Women and Men</b>	Mon 12:00 pm	10A
Level 1 = Low to Moderate Intensity <b>Women and Men</b>	Mon 12:45 pm	10B
Level 1 = Low to Moderate Intensity <b>Women and Men</b>	Wed 12:00pm	10F
Level 1 = Low to Moderate Intensity <b>Women and Men</b>	Wed 12:45pm	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 12:00 pm	10C
Level 2 = Moderate Intensity <b>Women and Men</b>	Fri 12:45 pm	10D

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**Class Duration 45 mins.**

# Living Longer Living Stronger



Venue & Address	Day & Time	Class Number
<b>EASTLAKES COMMUNITY HALL</b> 2 FLORENCE AVE EASTLAKES 2018	Tues 10:00am	LLLS1
<b>KOGARAH SCHOOL OF ARTS</b> CNR QUEENS AVE & BOWNS RD	Wed 10.30am	LLLSC
<b>KOGARAH SCHOOL OF ARTS</b> CNR QUEENS AVE & BOWNS RD	Wed 11:45am	LLLS3
<b>WOODSTOCK COMMUNITY CENTER</b> 22 CHURCH STREET BURWOOD 2134	Mon 9:00am	LLLS4
<b>OLDER WOMEN'S NETWORK</b> 8-10 VICTORIA ST, NEWTOWN 2042	Mon 9.15am	LLLS14
<b>CLIFF NOBLE COMMUNITY CENTRE</b> 24-26 SUTTOR STREET ALEXANDRIA 2015	Thurs 10:00 am	LLLS5

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

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**Class Duration 1hr**

## Living Longer Living Stronger (Continued)

Venue & Address	Day & Time	Class Number
<b>RAIN MULTICULTURAL GROUP</b> 501 FOREST RD PENSHURST 2222	Mon and Tue 10:30am	LLLSR
<b>CARLTON SCHOOL OF ARTS</b> 2 SHORT ST, CARLTON 2218	Thurs 12.00pm	LLLS13
<b>SUTHERLAND SENIOR CENTRE</b> 749 OLD PRINCES HWY SUTHERLAND 2232	Tues 9:00am	LLLS7
<b>RON WILLIAMS COMMUNITY CENTRE</b> 5/11 KEPOS ST REDFERN 2016	Fri 10:00am	LLLS8
<b>ST HELENS COMMUNITY CENTRE</b> 184 GLEBE POINT RD, GLEBE 2037	Wed 2.00pm	LLLS6
<b>ST MARK COPTIC CHURCH</b> 72 WOLLONGONG RD, ARNCLIFFE 2205	Wed 11:00am	LLLS11
<b>ST GEORGE COMMUNITY HOUSING</b> 9B WOLLONGONG AVE, RIVERWOOD 2210	Thurs 10.30am	LLLS15
<b>MISSION AUSTRALIA – CONCORD</b> 24 GIPPS ST, CONCORD 2137	Wed 3:00pm	LLLS10

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**Class Duration 1hr**

# COMMUNITY SERVICES

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

Please Call Lifeline Australia on 13 11 14

Or Call Us on 8580 0628

@ SHARE We Care





## Your Important Notes:

A series of ten horizontal dotted lines for taking notes.

## Your Important Notes:

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

# LIVING LONGER LIVING STRONGER



**POSITIVE AGEING**



**VERY AFFORDABLE CLASSES**



**EXERCISE PROGRAM FOR OVER 60'S**



**QUALIFIED & PASSIONATE INSTRUCTORS**



**STRENGTH TRAINING FOR BETTER BALANCE**



**IMPROVE MENTAL HEALTH & COGNITIVE FUNCTION**

**FITNESS,  
HEALTH &  
LONGEVITY**

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