

Like to find out more?

To take part in any of these programs (for a minimal cost) or to find out how Ballarat Community Health might be able to assist you in reaching your full health potential, drop in to any of our sites or call our central number:

5338 4500

Ballarat City Centre

710 Sturt St

Ballarat East Centre (APROTCH)

Cnr Queen St & Dyte Pde

Sebastopol Centre

260 Vickers St

Wendouree Centre (Cooinda)

10 Learmonth Rd

Administration

PO Box 1156, Bakery Hill MC, VIC 3354

T 5338 4500

F 5331 5470

E info@bchc.org.au

W www.bchc.org.au

Exercise & Fitness Programs

tailored for specific groups and health issues

One of the most significant things you can do to maintain and improve your health is to stay fit, strong and active.

Ballarat Community Health runs a variety of exercise programs, under the supervision of our experienced Fitness Trainer, in a fun and non-threatening environment.

Community Walking Groups

An introductory 10 week group for people new to walking and a more advanced group run by members of the community.

Strength + Balance = Better Health + Function

An exercise group designed to improve the functioning of people with Parkinson's Disease. The group incorporates a range of strength and balance exercises.

No Falls Program

An exercise program designed specifically for individuals who have had a recent fall or are at risk of falling. The class aims to develop muscle strength and balance in a safe environment.

Living Longer, Living Stronger

Weight training program designed for people over the age of 50 years to improve muscle strength, endurance and bone density.

Tai Chi for Arthritis

Specifically designed Tai Chi program developed by the Arthritis Foundation. Aims to improve pain, quality of life and balance for people with arthritis.

Vigour for Veterans

Aerobic work out including floor exercises and relaxation designed especially for older adults.

Smart Start

Low intensity exercise group designed to improve muscle strength and flexibility. Specifically aimed for individuals looking for a gentle exercise program.

Baby-Gym

For babes from 5-15 months of age. A fun session for parent / carer and baby.

Funk Dance

Fun and fitness for teenagers or those young at heart.