

# Exercise and Fitness Programs

Groups with \* require an assessment before joining class

## SEBASTOPOL: - (260 Vickers Street Sebastopol) Exercise Groups

### MONDAY

8:30 am – 11:00 am	* Living Longer Living Stronger	\$2 (Warren)
11:30 am – 12:30 pm	* Vigor for Veterans	\$2 (Warren)

### TUESDAY

8.00 am – 9.00 am	Indoor Walking Group Stockland Wendouree	No charge
8:30 am – 10:30 am	* Living Longer Living Stronger	\$2 (Warren & Craig)
11.00 am – 12.00 pm	* Vigor for Veterans	\$2 (Warren)
1:30 pm – 2:30 pm	* Smart Start	\$2 (Warren)

### WEDNESDAY

8.30 am – 10.45 am	* Living Longer Living Stronger	\$2 (Warren)
11.00 am -12.00 pm	* Walking Group (10 week group)	No charge
1.00 pm – 2.00 pm	Baby Gym ( 5 To 15 months)	\$4 (Barb)
2.00 pm – 3.00 pm	Baby Gym ( 5 To 15 months)	\$4 (Barb)

### THURSDAY

8:30 am – 10:45 am	* Living Longer Living Stronger	\$2 (Warren & Craig)
1.00 pm – 3.00 pm	* Living Longer Living Stronger	
4.00 pm – 5.00 pm	Funk Dancing ( 6- 10 year age group )	\$4 (Elaine)
5.00 pm – 6.00 pm	Funk Dancing (11- 15 year age group )	\$4 (Elaine)

### FRIDAY

8:00 am – 10:45 am	* Living Longer Living Stronger	\$2 (Warren)
11:00 am – 12:00 pm	* No Falls	\$2 (Warren & Penelope)
1:00 pm – 2:00 pm	* Parkinson's Exercise Group (1 <sup>st</sup> Friday of month 12.00 -1.00 pm)	\$2 (Warren & Penelope)

Tai Chi for Beginners and Advanced at Sebastopol site are available school terms, phone for dates and times

## WENDOUREE: - (Coinda 10 Learnmonth Road Wendouree) Exercise Groups

### TUESDAY

11.00 am – 12.00 pm	WAGS Exercise group phone 0409 514 191	\$3.50 (Raelene)
1.30 pm – 2.30 pm	* Living Longer Living Stronger	\$2 (Craig)

### WEDNESDAY

1.00 pm - 2.00pm Tai Chi \$3.00 (Penelope)

### FRIDAY

11.00 am – 12.00 pm	* Living Longer Living Stronger	\$2 (Craig)
9.15 am -10.15 am	WAGS Exercise group phone 0409 514 191	\$3.50 (Raelene)

## DEREEL: - (Community Centre Swap Road Dereel) Exercise Groups

<b>TUESDAY &amp; THURSDAY</b> 11.30 am - 12.30 pm	* Living Longer Living Stronger	\$2 (Craig)
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## Smythesdale: - (Smythesdale Community Hub)

<b>TUESDAY</b> 11.00-12:00pm	* Living Longer Living Stronger	\$2 (Juliette)
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For more information phone  
Ballarat Community Health Centre 5338 4500

# Exercise and Fitness Programs

**Groups with \* require an assessment before joining class**

## \* Living Longer Living Stronger

A strength training program designed for people over the age of 50 years. Participants have an individual program designed to help reach their goals which are determined from a consultation with an Exercise Physiologist.

## Tai Chi for Arthritis

Specifically designed Tai Chi program developed by the Arthritis Foundation. Research indicates people with arthritis can decrease pain levels, improve quality of life and balance.

## \* Vigor for Vets

An aerobic workout designed especially for older adults to improve cardiovascular health and fitness. Program is delivered in an enjoyable manner with a variety of aerobic activities including aerobics, circuits and games combined with floor and relaxation exercises.

## \* Smart Start

A gentle exercise program which includes weight training and light aerobic exercise. Smart Start is ideal for people wanting a less intense exercise session.

## \* Walking Groups

The Tuesday group is run by members of the community and held at various locations around Ballarat. The Wednesday group is a progressive group held over 10 weeks, with walks starting off shorter and less intense than the Tuesday group then increasing in difficulty as the group becomes more accustomed to walking.

## \* No Falls Program

A 15 week program which is designed to improve balance in people who have a history of falls or who are at risk of falling. The class includes progressive strengthening and balance exercises as well as information sessions on diet, vision and podiatry to assist with falls prevention.

## \* Parkinson's Exercise Group

Classes run by an Exercise Physiologist that assists in improving weaknesses associated with Parkinson's Disease including motor control and balance.

## Baby Gym

A wonderful session for mums, dads or carers and their small babies (5 To 15 months) to have fun together while developing the motor skills of the small babies.

## Funk Dancing

A great dance session for upper primary and secondary students. Each class involves learning a dance routine, set to popular music. No previous dance experience is required.

## WAGS

An aerobic workout group designed for active older adults.

## \* Active Links

Referral pathway to Ballarat Aquatic Centre (YMCA) Health and Fitness Centre