

# Active Over 50™



# TIMETABLE OF CLASSES - February 2017

Active Over 50™ classes are group exercise sessions designed for people over 50 years, & aim to improve balance, flexibility, stamina, & strength. Trained instructors conduct the classes which are suitable for beginners, to the more experienced. Classes are low impact and do not include jumping or running.

**PLEASE NOTE: CLASS DETAILS MAY CHANGE AT SHORT NOTICE.  
BEFORE COMMENCING, PLEASE PHONE THE VENUE TO  
CONFIRM TIMES AND PRICES.**

CHOOSE FROM: Aqua-fitness, Ballroom Dancing, Gentle Exercise, Strength Training, or Tai Chi classes.

**Choose a level that suits you:**

Gentle Exercise & Aqua-fitness Levels: 1= Easy, 2=Moderate, 3=Energetic

Tai Chi Levels: B= Beginner, I= Intermediate

Strength Training: Appropriate for beginners & advanced exercisers.



**Health**  
Central Coast  
Local Health District

Call the Health Promotion Service on **4320 9700**  
or visit [www.healthpromotion.com.au](http://www.healthpromotion.com.au)

# AQUA FITNESS

(1) EASY (2) MODERATE  
(3) ENERGETIC

<p><b>BERKELEY VALE</b> PRIVATE HOSPITAL LORRAINE AVENUE PH: 4389 2746</p>	<p>MON 6pm (2-3) WED 6pm (2-3)</p>	<p>COST—\$13 or 10 CLASSES FOR \$100 OR TWO PER WEEK FOR \$18 PH:DEBBIE 0410 572 746</p>
<p><b>ERINA</b> SWIM CENTRE 17 BONNAL RD PH: 4365 0024</p>	<p>FRI 11—11.45am (2) <b>New class!</b> <b>Effective from 3/2/17</b></p>	<p>COST—\$14.50 or 10 VISITS FOR \$135 PH: SANDRA 0407 940 869</p>
<p><b>GOSFORD</b> Olympic Pool 42 Masons Pde PH: 4304 7250</p>	<p>FRI 10.30am (2)</p>	<p>COST—\$12 or 10 VISIT PASS FOR \$102</p>
<p><b>KINCUMBER</b> SWIM CENTRE KERTA RD PH: 4368 2422</p>	<p>MON 11:30am (2)</p>	<p>COST—\$14.50 or 10 VISITS FOR \$135 PH: SANDRA 0407 940 869</p>
<p><b>KINCUMBER</b> SWIM CENTRE 102 AVOCA DR PH: 43691321</p>	<p>FRI 1pm (2)</p>	<p>COST—\$14.50 10 VISITS FOR \$135 PH: SANDRA 0407 940 869</p>
<p><b>TUMBI UMBI</b> MINGARA ONE FITNESS 1 MINGARA DRIVE PH: 4349 7825</p>	<p>MON 8am (1-2) THUR 8am (1-2)</p>	<p>COST—\$6.50 or 10 VISIT PASS FOR \$55 SENIORS MEMBERSHIP \$13.95 PER WEEK</p>

# BALLROOM DANCING

## ETTALONG BOWLING

### CLUB

SPRINGWOOD ST

THURS 10am—11am

Beginners & Intermediate

COST—\$8

PH: HELEN—4340 1057 or  
0412 493 435

## WYONG RSL CLUB

ANZAC AVE WYONG

**THUR 2.30-3.30pm**

**New day!**

**Effective from Feb—Mar**

TUE 10:30—11.30am

Effective from Apr

Beginners & Intermediate

**To confirm times, please  
contact Helen on:**

**4340 1057 or**

**0412 493 435**

COST—\$8

PH: HELEN—4340 1057 or  
0412 493 435

### **SOCIAL DANCE AT**

#### **WYONG RSL CLUB:**

1st & 3rd Friday of the  
month 1.30-4.30pm.

Every 4th Friday of the  
month 10am—1.30pm.

Both classes at Wyong  
Include half hour tuition

COST—\$10 per head

PH: HELEN—4340 1057 or  
0412 493 435

# GENTLE EXERCISE

(1) EASY (2) MODERATE  
(3) ENERGETIC

<p><b>ET TALONG</b> +50 LEISURE &amp; LEARNING CNR BROKEN BAY RD &amp; KARINGI ST PH:4304 7222</p>	<p>MON 1pm (1) <b>JENNY</b>  WED 1pm (1) <b>SANDRA</b></p>	<p>COST—\$7.50 PH: JENNY 4342 1808  COST—\$8 PH: SANDRA 0407 940 869</p>
<p><b>GOSFORD</b> GOLF CLUB RACECOURSE RD</p>	<p>THUR 10am (1)</p>	<p>COST—\$8 PH:KATE 4328 2637 <i>First Class Free!</i> SUITABLE FOR VISION IMPAIRED PEOPLE</p>
<p><b>GOSFORD</b> 50+ LEISURE &amp; LEARNIING CRN ALBANY ST &amp; HENRY WHEELER PL PH: 43047065</p>	<p>WED 9AM (2)</p>	<p>COST—\$8 PH: SANDRA 0407 940 869</p>
<p><b>KINCUMBER</b> NEIGHBOURHOOD CENTRE 1/20 KINCUMBER ST</p>	<p>MON 8:45am (2)</p>	<p>COST—\$8 PH: SANDRA 0407 940 869</p>
<p><b>LONG JETTY</b> SENIOR CITIZENS CENTRE 6 THOMPSON ST  *\$.5.50 to join the centre</p>	<p>FRI 9:30am (1-2)</p>	<p>COST—\$7 PH: TINA 0417 654 795 Please bring cash on the day</p>
<p><b>MANNERING PARK</b> CWA HALL 16 WARWICK ST (behind shops) <b>New venue!</b> <b>Effective from 2/3/17</b></p>	<p>CIRCUIT TUES 4-5pm (1-2)  GROUP EXERCISE THUR 4-5pm (1-2)</p>	<p>COST—\$5 PH: KATE 0425 269 685  No class on first Tue of each month</p>
<p><b>NARARA</b> COMMUNITY CENTRE 2-12 PANDALA RD</p>	<p>MON 1PM (1)  <b>New class!</b>  <b>Effective from 6/2/17</b></p>	<p>COST—\$8 PH:SANDRA 0407 940 869 SUITABLE FOR PEOPLE USING WALKING FRAMES</p>

# GENTLE EXERCISE

(1) EASY (2) MODERATE  
(3) ENERGETIC

<p><b>TERRIGAL</b> +50 LEISURE &amp; LEARNING CNR DUFFY'S RD &amp; TERRIGAL DRIVE PH: 43845152</p>	<p>MON 8am (3) FRI 8am (3)</p>	<p>COST—\$5 COLIN</p>
<p><b>TUMBI UMBI</b> MINGARA ONE FITNESS 1 MINGARA DRIVE PH: 4349 7825</p>	<p>TUES 8:30am(3) WED 8:30am (3) FRI 8:30am (3)</p>	<p>COST—\$6.50 10 VISITS PASS FOR \$55 Seniors Membership \$13.95 per week</p>
<p><b>UMINA</b> UNITING CHURCH NEPTUNE ST</p>	<p>MON 9:30am (2) TUES 9:30am (1) THUR 9:30am (2) 11am (1)</p>	<p>COST— \$8 PH: DEE 4342 2244 <i>Tea/Coffee after every class</i></p>
<p><b>WOY WOY</b> PENINSULAR COMMUNITY CENTRE 93 MACMASTERS RD</p>	<p>MON 9am (1)</p>	<p>COST—\$6.60 PH: JENNY 4341 9333</p>
<p><b>WOY WOY</b> ST LUKES CHURCH 151 BLACKWALL RD</p>	<p>FRI 9AM (2)</p>	<p>COST—\$9 PH:SANDRA 0407 940 869</p>
<p><b>WOY WOY</b> PENINSULA LEISURE CENTRE 243 BLACKWALL RD PH: 4325 8123</p>	<p>FRI 8:30am (2)</p>	<p>COST—\$9.50 or \$67.50 PER MONTH FOR CLUB MEMBERSHIP (concession)</p>
<p><b>WYOMING</b> CHURCH OF CHRIST 299 HENRY PARRY DR PH: 43233327</p>	<p>TUES 6pm (2)</p>	<p>COST—\$8.50 PH: KATE 4328 2637 <i>First class free!</i></p>

# STRENGTH TRAINING

<b>WOY WOY</b> PENINSULA LEISURE CENTRE 243 BLACKWALL RD PH: 4325 8123	MON 7:30AM (1) TUES 12:30PM (1) WED 7:30AM (1) THUR 12:30PM (1) FRIDAY 7:30 AM (1)	COST—\$9.50 or \$67.50 PER MONTH FOR CLUB MEMBERSHIP (concession)
<b>WYONG</b> ALL SORTS FITNESS THE OLD DAIRY 141 ALISON RD PH: 43523811	WED 8am (3)	COST—\$7.50 PH:TINA 4352 3811

# TAI CHI

(B) BEGINNER  
(I) INTERMEDIATE

**EAST GOSFORD**  
PROGRESS HALL  
CNR HENRY PARRY DR  
& WELLS ST

**TUES** 10:30am (B)  
**THUR** 10am (B)

COST —\$8  
PH: HEIDI 4323 3249

*One hour class with optional half hour extra for no extra cost*

**ETTALONG**  
+50 LEISURE & LEARNING  
BROKEN BAY RD

**THUR** 12pm (I)  
**FRIDAY** 2.15 PM (B)

COST—\$7  
PH: JENNY 4342 1808  
*First class free!*

**WOY WOY**  
PENINSULA LEISURE CENTRE  
243 BLACKWALL RD  
PH: 4325 8123

**FRIDAY** 11.15 AM

COST—\$9.50 or \$67.50  
PER MONTH FOR CLUB  
MEMBERSHIP (concession)

## Active & Healthy

To find more exercise programs in your local area, please visit:

[www.activeandhealthy.nsw.gov.au](http://www.activeandhealthy.nsw.gov.au)

# IMPORTANT INFORMATION

**FOR YOUR SAFETY**, please bring a completed '*Pre-Exercise Screening Form*' to your first class & give to the instructor. The instructor may then advise you to obtain a medical clearance from your doctor before commencing exercise.

**A MEDICAL CLEARANCE** from your doctor is **essential for 'level 3' classes and strength training sessions.**

**BOOKINGS** are **essential for your first session of strength training**; please ring the venue to book (other classes do not require bookings). There may be a small one off fee for your individualised program for strength training only.

**PRICES**: All venues offer an affordable single session cost without expensive joining fees. Memberships are available at fitness centres but are not mandatory.

**ARRIVE EARLY** (15 minutes) for your first class so you can meet the instructor, discuss your 'pre-exercise screening form' & participate in the warm up.

**WEAR** loose comfortable clothing & supportive jogger style shoes with a non slip sole.

**BRING** a bottle of water & towel.

**PRE-EXERCISE SCREENING FORMS** and medical clearances are available from your fitness instructor, by phoning the Health Promotion Service on **43209700**, or can be downloaded from the website:

**[www.healthpromotion.com.au](http://www.healthpromotion.com.au)**