Exercise Offerings for Older People Skipton & Lismore

- **Thu 9:15am**
  - Gait & Balance
  - Skipton Health
  - 53401100
- **Thu 10:30am**
  - Strength Training
  - Skipton Health
- **Thu 12noon**
  - Walking Group
  - Skipton Health
- **Thu 10:30am**
  - Strength Training
  - Skipton Health
- **Thu 2:30-3:30pm**
  - Gentle Exercise in the Pool
  - Skipton Health
- **Mon 9am**
  - Bootcamp Fitness
  - Nina Jinks
  - Derri Rec Reserve
  - $15p/sess just turn up
- **Mon 2-3pm**
  - Pilates
  - Carole Manifold
  - 55933216
  - Grimwade Centre
  - Lismore
- **Nov-Mar: Wed & Tues 10-11am**
  - Water Aerobics
  - YMCA Lismore Outdoor Pool
- **Nov-Mar: Wed & Tues 11-11:30am**
  - Water Aerobics – Bootcamp/Higher Intensity
  - YMCA Lismore Outdoor Pool
- **Thurs 3-4pm**
  - Strength Training
  - Lismore Health Service
  - 55583000
  - Gold coin donation
- **Mon 1-2pm**
  - Gentle Exercise
  - Carole Manifold
  - Grimwade Centre
  - Lismore
- **Mon 2-3pm**
  - Pilates
  - Carole Manifold
  - 55933216
  - Grimwade Centre
  - Lismore
Exercise Offerings for Older People Camperdown

Mon & Thu 11-12
Gentle Exercise
Carole Manifold
55933216
Uniting Church Hall

Mon & Thu 10-11
Pilates
Carole Manifold
Uniting Church Hall

Private 1 on 1 Pilates
contact Realign Health 5593 1999
Claimable Private Health

Mon 5pm
Karate- all ages
$13 Cas; $80 term
Contact Peter Conroy 0418 966 954

Slipper Bootcamp
Bootcamp for Beginners
$12 Cas; 10 Classes $80
Camperdown Theatre

1 p/wk; planning 2 p/wk
Resistance Training for Seniors
Nick Hose Gym 55933229

Mon & Thu 11-12
KLR Yoga
0457 790 033
- All levels: beginners; mens; teens

Manifold Place Place 5593 1892
• Staged Exercise Group
• Healthie Me
• Live Long Live Stronger
• Cardio
• Leap Forward
• Men’s Fitness

Heart Foundation Walking Groups
Wed 11am Lone Walkers
Thu 6pm Robinson St Walkers
Exercise Offerings for Older People Terang & Skipton

Terang Karate - all ages
Contact Peter Conroy
0418 966 954

Inspired Yoga
0421 027 803
Beginners Welcome

Senior Strength Class
Josie Black Health Centre 55587000

1hr Classes of up to 7
Clinical Pilates Noorat
contact Realign Health
5593 1999

Terang Walking Group
Wednesday 9:30am Senior Citizens clubs

Terang Fitness 5592 1747
5am-10pm 7 days Gym Membership
Seniors Gym Memberships Available
Exercise Offerings for Older People Cobden

**Mon & Thu 9-9:45am**
**Gentle Exercise**
Carole Manifold
55933216
Cobden Senior Citizens

**Mon – Wed- Fri 6am**
**Boot Camp**
Belinda Savage
0419 587 036

**Mon & Wed 5:30-7:30am**
**Boxercise**
Belinda Savage

**Tue & Thu 4-6pm**
**Gentle Exercise**
Brian Polkinghorne

**Tue 10am**
**Cobden Walking Group**

**Mon & Thu 6pm**
**Spin Bikes**
Cobden Health
55951027

**Thu 2pm-3pm**
**Low Impact Chair Based Exercise**
Cobden Health

**Tues 11-12noon**
**Thu 2-3pm**
**Gentle Water Fitness**
Rodney Grove Pool 55951027

**Tues & Wed 6pm**
**Aqua Aerobics**
Rodney Grove Pool
Ran in 2018. 2019?
Mon 7-8pm
Pilates YMCA
55983445

Indoor Cycling
All ages to 70
$40/mnth

Sat 8am
Timboon Parkrun

Strong Women
Strong Men
Physio $6
TDHS
55586000

Gentle Exercise
Mainly Chair- Fall prevention
Physio Ax $6
TDHS

Tai Chi
No Referral
$6
TDHS

Balance Plus
Physio Ax $6
Life Moves $6
TDHS

PD
Neuro/Parkinsons
Physio $6
TDHS

Strength Training
Physio Ax
TDHS