

EXERCISE & SOCIALISE

Your Ticket to Staying Fit & Well

Join our popular classes, led by dedicated instructors, and enjoy a social morning or afternoon tea with your group afterwards.

If you're new to exercise with us, your first group class is FREE!

Monday	Tuesday	Wednesday	Thursday	Friday
10.30am Exercise to Music with Jo G	9am Strength + Balance Circuit with Liya	9am Falls Prevention Program **Starts Oct 14**	9.30am Men's Exercise with Liya	9am Strength + Balance Circuit with Jo G
12pm Seated Strength Exercise with Janet	9.30am Challenge Your Balance with Denise	10.15am Strength Exercise with Liya	9.30am Exercise to Music with Jo M **45 minute class**	10am Tai Chi for Balance with Lilei
Please note, the Falls Prevention Program is a set 10-week course. You must be registered for the full course to participate. For upcoming dates and information please contact the office.	11.30am Seated Exercise to Music with Jo M	11am Seated Strength Exercise with Raymond	1pm-3.30pm Table Tennis self run	11am Seated Strength Exercise with Raymond
	1.45pm Strength Exercise with Cass	11.45am Line Dancing with Jo C	2.15pm Meditation & Yoga with Larissa **75 minute class**	11.15am Seated Tai Chi with Lilei

Legend:

Gentle	Moderate
Active	Social

Cost of Group Classes

\$12 CHSP assessed and approved
\$25 non assessed / private
\$5 Table Tennis

Trusted exercise programs for people over 65

Our team of qualified trainers brings a wealth of experience and expertise to our exercise programs. All new clients must complete a brief in-house assessment and provide medical clearance before beginning their program.

For more information, please contact the office.

Balwyn Evergreen Gym

Small group sessions (45 mins)
Tuesdays 10.15am
Thursdays 11am & 1.15pm
Max 4 people per session
Limited 1:1 EP sessions available
Bookings essential!

Notes

- Friday Strength + Balance Circuit now starts at 9am
- Please check the online Activities Calendar for any timetable changes
- Make sure you wear appropriate footwear. Sandals are not permitted

Refer a friend and exercise for free

Share the Balwyn Evergreen exercise experience with your friends and family, and have a free class on us! To redeem, simply let the office know who your friend is and we'll do the rest!



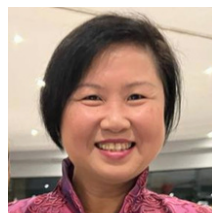
Raymond K



Jo Morris



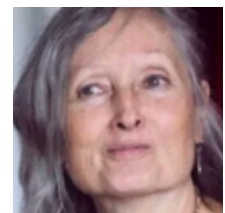
Jo Golds



Lilei Enright



Denise Mokasdi



Elizabeth Mackenzie