

EXERCISE & SOCIALISE

at Balwyn Evergreen Centre

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
10.30am Exercise to Music <i>with Jo G</i>	9.30am Challenge Your Balance <i>with Yanmei</i>	10.15am Seated Strength Exercise <i>with Yanmei</i>	9.30am Men's Exercise <i>with Tom</i>	10am Tai Chi <i>with Lilei</i>
12pm Seated Strength Exercise <i>with Yanmei</i>	11.30am Seated Exercise to Music <i>with Jo M</i>	10.15am Strength Exercise <i>with Tom</i>	9.30am Movement to Music <i>with Jo M</i> **45 minute class**	11am Seated Strength Exercise <i>with Yanmei</i>
	1.45pm Seated Strength Exercise <i>with Raymond</i>	11.30am Line Dancing <i>with Jo C</i>	1pm-3.30pm Table Tennis <i>self run</i>	11am Pilates <i>with Jo M</i>
	1.45pm Strength Exercise <i>with Tom</i>		2.30pm Meditation & Yoga <i>with Elizabeth</i>	

Legend

Gentle

Moderate

Active

Evergreen Gym Studio + Personal Training Small Group Circuit Sessions

(45 minutes)

Thursdays 11am & 1.15pm

Personal Training

Contact Raymond to arrange
day/time

Notes

- Please check the online Activities Calendar for any timetable changes
- Refer a friend to an exercise class and your next class is free

Reminder: Please wear appropriate footwear to class. Sandals are not permitted.

Our Trainers...

Meet our team of qualified trainers who bring a wealth of experience and expertise to our exercise programs. They're always on hand for a chat to discuss your requirements and goals. For more information, please contact our Exercise Coordinator, Raymond.



Raymond K

Falls Prevention Program

A 12-week progression program improve strength, balance and flexibility.

- 40-minute classes
- six people max per session
- With Elevate Physiotherapists

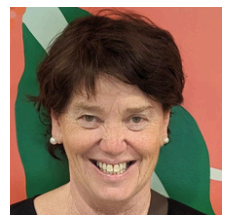
Talk to Raymond about joining the next round.



Yanmei Chen



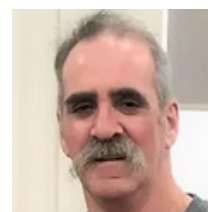
Jo Morris



Jo Golds



Lilei Enright



Tom Scott



Elizabeth Mackenzie