

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 Baylee	9.30am Falls Prevention Program with Baylee <i>**Begins October**</i>	9.30am Men's Exercise with Tom	9.30am Strength + Balance Circuit with Jo G
12pm Seated Strength Exercise with Janet	9.30am Challenge Your Balance with Denise	10.15am Strength Exercise with Tom	9.30am Exercise to Music with Jo M <i>**45 minute class**</i>	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 talk to Baylee.	11.30am Seated Exercise to Music with Jo M	11am Seated Strength Exercise with Baylee	1pm-3.30pm Table Tennis self run	11am Seated Strength Exercise with Yanmei
	1.45pm Strength Exercise with Tom	11.45am Line Dancing with Jo C	2.15pm Meditation & Yoga with Elizabeth <i>**75 minute class**</i>	11.15am Seated Tai Chi with Lilei

Legend:

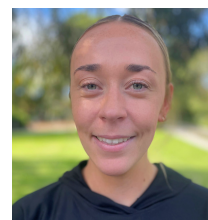
Gentle	Moderate
Active	Social

Cost of Group Classes

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

Our team of qualified trainers bring a wealth of experience and expertise to our exercise programs.

For more information, please contact our Exercise Coordinator and Accredited Exercise Physiologist, Baylee Eastham.



Baylee Eastham



Denise Mokasdi

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 with Baylee
 Bookings essential!

Notes

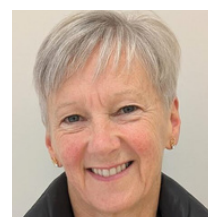
- Please check the online Activities Calendar for any timetable changes
- Make sure you wear appropriate footwear. Sandals are not permitted

Find the right class for you!

Before you get started with your exercise plan, book a time to meet with Exercise Coordinator Baylee to make sure you're medically cleared to participate. This ensures you get the most out of your program.



Yanmei Chen



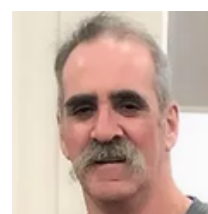
Jo Morris



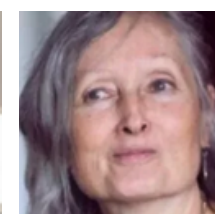
Jo Golds



Lilei Enright



Tom Scott



Elizabeth Mackenzie