

# 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 and trainer afterwards.

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>10.30am</b> Exercise to Music with Jo G	<b>9am</b> Women's Cross Training with Baylee	<b>10.15am</b> Strength Exercise with Tom	<b>9.30am</b> Men's Exercise with Tom	<b>9.30am</b> Women's Cross Training with Baylee
<b>12pm</b> Seated Strength Exercise with Baylee	<b>9.30am</b> Challenge Your Balance with Denise	<b>10.45am</b> Seated Strength Exercise with Baylee	<b>9.30am</b> Movement to Music with Jo M <b>**45 minute class**</b>	<b>10am</b> Tai Chi with Lilei
	<b>11.30am</b> Seated Exercise to Music with Jo M	<b>11.30am</b> Line Dancing with Jo C	<b>1pm-3.30pm</b> Table Tennis self run	<b>11am</b> Seated Strength Exercise with Yanmei
	<b>1.45pm</b> Seated Strength Exercise with Baylee		<b>2.30pm</b> Meditation & Yoga with Elizabeth	<b>11.15am</b> Seated Tai Chi with Lilei
	<b>1.45pm</b> Strength Exercise with Tom			

## Legend

Gentle

Moderate

Active

## Cost of Group Classes

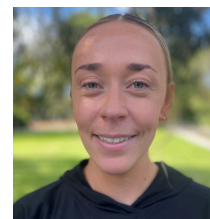
\$12 CHSP assessed and approved

\$16 non assessed

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, Baylee.**



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

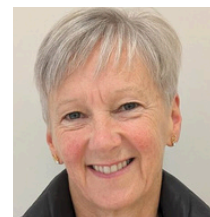
Bookings essential!

## 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



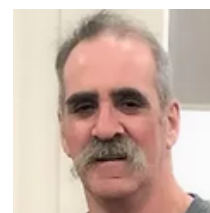
Jo Morris



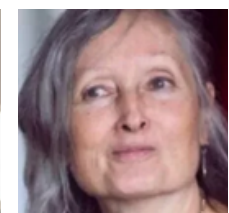
Jo Golds



Lilei Enright



Tom Scott



Elizabeth Mackenzie

## Notes

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