

# Exercise and Socialise

Join our exercise classes, led by qualified instructors, and enjoy a cuppa with your group and trainer afterwards. Our programs suit all capabilities and focus on rehabilitation, building strength, and improving health and wellbeing. Plus, we offer a FREE trial for your first class!

COME ALONG FOR  
A FREE TRIAL!

## Our Classes

Monday	Tuesday	Wednesday	Thursday	Friday
<b>10.30am</b> Exercise to Music with Jo G	<b>9.30am</b> Challenge Your Balance with Beth	<b>10.15am</b> Seated Strength Exercise with Ed	<b>9.30am</b> Men's Exercise with Tom	<b>10am</b> Tai Chi with Lilei
<b>12pm</b> Strength & Balance with Tom	<b>11.30am</b> Seated Exercise to Music with Jo M	<b>10.15am</b> Strength Exercise with Tom	<b>9.45am</b> Movement to Music with Jo M **45 min class**	<b>11am</b> Seated Strength Exercise with Ed
<b>5.30pm</b> Pilates with Janet	<b>1.45pm</b> Seated Strength Exercise with Denise	<b>Evergreen Gym Studio</b>  Small Group Gym Sessions (45 mins) Thursdays 11am & 1.15pm with Raymond	<b>1pm-3.30pm</b> Table Tennis self run	
	<b>1.45pm</b> Strength Exercise with Tom		<b>2.30pm</b> Meditation with Elizabeth	

### Gentle intensity

- Seated Strength Balance
- Meditation

### Moderate intensity

- Strength Balance
- Challenge your Balance
- Strength Exercise
- Seated Exercise to Music
- Tai Chi
- Table Tennis

### Active classes

- Exercise to Music
- Men's Exercise
- Movement to Music
- Pilates

