

EXERCISE & SOCIALISE

at Balwyn Evergreen Centre

Join our popular classes, overseen by Exercise Physiologist, David Watson, 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 Denise</i>	10.15am Seated Strength Exercise <i>with David</i>	9.30am Men's Exercise <i>with Tom</i>	10am Tai Chi <i>with Lilei</i>
12pm Seated Strength Exercise <i>with David</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 David</i>	11.30am Line Dancing <i>with Jo C</i>	1pm-3.30pm Table Tennis <i>self run</i>	11.15am Seated Tai Chi <i>with Lilei</i>
	1.45pm Strength Exercise <i>with Tom</i>		2.30pm Meditation & Yoga <i>with Elizabeth</i>	

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.

For more information, please contact Exercise Coordinator, David Watson BHSc.



David Watson



Denise Mokasdi

Evergreen Gym Studio + Personal Training

Small Group Circuit Sessions

Thursdays 11am & 1.15pm (45 mins)

Personal Training

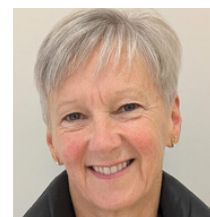
Contact David to arrange day/time

Refer a friend and be rewarded!

We're sharing the love...
refer a friend to
our exercise
program and
both you and
your friend will
enjoy a free class
on us!



Yanmei Chen



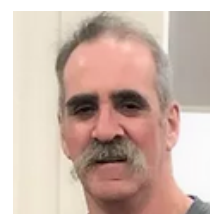
Jo Morris



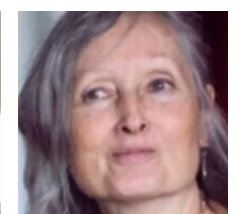
Jo Golds



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