

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 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 self run	11.15am Seated Tai Chi <i>with Lilei</i> **FREE TRIAL 21/11**
	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.

They're always on hand for a chat to discuss your requirements and goals.

For more information, please contact our Exercise Coordinator, David.



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

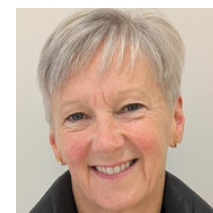
Refer a friend and be rewarded!

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



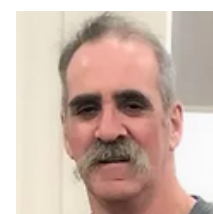
Jo Morris



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