

April Activities Calendar - 2025

PLEASE NOTE LOCATION CHANGE FOR THIS MONTH:

- **Balwyn Leisure Centre, 230 Balwyn Rd, Balwyn North**
- **Gordon Barnard Reserve, access 271C Belmore Rd, Balwyn North**



Balwyn Evergreen Centre
 Open Mon-Fri 8.30am-4.30pm
 (03) 9836 9681
 office@balwynevergreen.org.au

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	9.30am Bus Outing (early start) 9.30am Balance 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise Mod Mod Gentle Mod	10.15am Seated Exercise 10.15am Strength Exercise 11.30am Line Dancing 12.15pm Evergreen Community Group Lunch 1.15pm Live Entertainment Gentle Mod Mod	9.30am Men's Exercises *9.30am Movement to Music 2.30pm Meditation & Yoga Active Active Gentle	9.45am Tai Chi 11am Seated Strength Exercise 11am Pilates 10am-3pm Supported Lifestyle Program Mod Gentle Mod
7	8	9	10	11
10.30am Exercise to Music 12pm Strength & Balance Active Mod	9am Bus Outing (early start) 9.30am Balance 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise Mod Mod Gentle Mod	10.15am Seated Exercise 10.15am Strength Exercise 11.30am Line Dancing 12.15pm Evergreen Community Group Lunch 1.15pm Live Entertainment Gentle Mod Mod	9.30am Men's Exercises *9.30am Movement to Music 11am Senior Divas group 2.30pm Meditation & Yoga Active Active Gentle	9.45am Tai Chi 11am Seated Strength Exercise 11am Pilates 10am-3pm Supported Lifestyle Program Mod Gentle Mod
14	15	16	17	18
10.30am Exercise to Music 12pm Strength & Balance 1.30pm Digital Training Education Active Mod	9.30am Balance 10am Bus Outing 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise Mod Mod Gentle Mod	10.15am Seated Exercise 10.15am Strength Exercise 11.30am Line Dancing 12.15pm Evergreen Community Group Lunch 1.15pm Live Entertainment Gentle Mod Mod	9.30am Men's Exercise *9.30am Movement to Music 2.30pm Meditation & Yoga Active Active Gentle	Good Friday No Classes
21	22	23	24	25
Easter Monday No Classes	No Classes	No Classes	No Classes	Anzac Day No Classes
28	29	30	LEGEND: Class Intensity Gentle - Gentle or Seated Mod - Moderate Active - Active Tailored - Customised	
10.30am Exercise to Music 12pm Strength & Balance 1.30pm Digital Training Education Active Mod	9.30am Balance 10am Bus Outing 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise Mod Mod Gentle Mod	10.15am Seated Exercise 10.15am Strength Exercise 11.30am Line Dancing 12.15pm Evergreen Community Group Lunch 1.15pm Live Entertainment Gentle Mod Mod	LEGEND: Locations for April/May Balwyn Leisure Centre - Blue Gordon Barnard Reserve - Red Home Pickup - Green	

May

Activities Calendar - 2025

PLEASE NOTE LOCATION CHANGE FOR THIS MONTH:

- **Balwyn Leisure Centre, 230 Balwyn Rd, Balwyn North**
- **Gordon Barnard Reserve, access 271C Belmore Rd, Balwyn North**



Balwyn Evergreen Centre
 Open Mon-Fri 8.30am-4.30pm
 (03) 9836 9681
 office@balwynevergreen.org.au

Monday		Tuesday		Wednesday		Thursday		Friday	
						1		2	
LEGEND: Class Intensity Gentle – Gentle or Seated Mod – Moderate Active – Active Tailored – Customised		LEGEND: Locations for April/May Balwyn Leisure Centre - Blue Gordon Barnard Reserve - Red Home Pickup - Green				9.30am Men's Exercises *9.30am Movement to Music 2.30pm Meditation & Yoga		Active Active Gentle 9.45am Tai Chi 11am Seated Strength Exercise 11am Pilates 10am-3pm Supported Lifestyle Program	
5		6		7		8		9	
10.30am Exercise to Music 12pm Strength & Balance	Active Mod	9am Bus Outing (early start) 9.30am Balance 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise	Mod Mod Gentle Mod	10.15am Seated Exercise 10.15am Strength Exercise 11.30am Line Dancing 12.15pm Evergreen Community Group Lunch 1.15pm Live Entertainment	Gentle Mod Mod	9.30am Men's Exercises *9.30am Movement to Music 11am Senior Divas group 2.30pm Meditation & Yoga	Active Active Gentle	9.45am Tai Chi 11am Seated Strength Exercise 11am Pilates 10am-3pm Supported Lifestyle Program	Mod Gentle Mod
12		13		14		15		16	
10.30am Exercise to Music 12pm Strength & Balance 1.30pm Digital Training Education	Active Mod	9am Bus Outing (early start) 9.30am Balance 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise	Mod Mod Gentle Mod	10.15am Seated Exercise 10.15am Strength Exercise 11.30am Line Dancing 12.15pm Evergreen Community Group Lunch 1.15pm Live Entertainment	Gentle Mod Mod	9.30am Men's Exercises *9.30am Movement to Music 2.30pm Meditation & Yoga	Active Active Gentle	9.45am Tai Chi 11am Seated Strength Exercise 11am Pilates 10am-3pm Supported Lifestyle Program	Mod Gentle Mod
19		20		21		22		23	
10.30am Exercise to Music 12pm Strength & Balance	Active Mod	9.30am Balance 10am Bus Outing 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise	Mod Mod Gentle Mod	10.15am Seated Exercise 10.15am Strength Exercise 11.30am Line Dancing 12.15pm Evergreen Community Group Lunch 1.15pm Live Entertainment	Gentle Mod Mod	9.30am Men's Exercises *9.30am Movement to Music 11am Senior Divas group 2.30pm Meditation & Yoga	Active Active Gentle	9.45am Tai Chi 11am Seated Strength Exercise 11am Pilates 10am-3pm Supported Lifestyle Program	Mod Gentle Mod
26		27		28		29		30	
10.30am Exercise to Music 12pm Strength & Balance 1.30pm Digital Training Education	Active Mod	9.30am Balance 10am Bus Outing 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise	Mod Mod Gentle Mod	10.15am Seated Exercise 10.15am Strength Exercise 11.30am Line Dancing 12.15pm Evergreen Community Group Lunch 1.15pm Live Entertainment	Gentle Mod Mod	9.30am Men's Exercises *9.30am Movement to Music 2.30pm Meditation & Yoga	Active Active Gentle	9.45am Tai Chi 11am Seated Strength Exercise 11am Pilates 10am-3pm Supported Lifestyle Program	Mod Gentle Mod

