

# 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 afterwards.

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>10.30am</b> Exercise to Music with Jo G	<b>9am</b> Women's Strength + Balance with Baylee	<b>9.30am</b> Falls Prevention Program with Baylee <i>**Ends Aug 26**</i>	<b>9.30am</b> Men's Exercise with Tom	<b>9.30am</b> Women's Strength + Balance with Jo M
<b>12pm</b> Seated Strength Exercise with Baylee	<b>9.30am</b> Challenge Your Balance with Denise	<b>10.15am</b> Strength Exercise with Tom	<b>9.30am</b> Exercise to Music with Jo M <i>**45 minute class**</i>	<b>10am</b> Tai Chi for Balance with Lilei
<b>2pm</b> Falls Prevention Program with Baylee <i>**Ends Aug 24**</i>	<b>11.30am</b> Seated Exercise to Music with Jo M	<b>11am</b> Seated Strength Exercise with Baylee	<b>1pm-3.30pm</b> Table Tennis self run	<b>11am</b> Seated Strength Exercise with Yanmei
<i>Please note, the Falls Prevention Program is a set 10-week course. You must be registered for the full course to participate. For upcoming dates and information please talk to Baylee.</i>	<b>1.45pm</b> Seated Strength Exercise with Baylee	<b>11.45am</b> Line Dancing with Jo C	<b>2.15pm</b> Meditation & Yoga with Elizabeth <i>**75 minute class**</i>	<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

\$25 non assessed

## 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

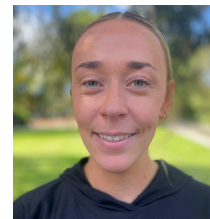
Bookings essential!

## Notes

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

Our team of qualified trainers bring a wealth of experience and expertise to our exercise programs.

**For more information, please contact our Exercise Coordinator and Accredited Exercise Physiologist, Baylee Eastham.**



Baylee Eastham



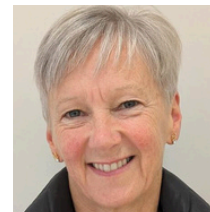
Denise Mokasdi

## 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.



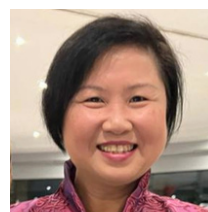
Yanmei Chen



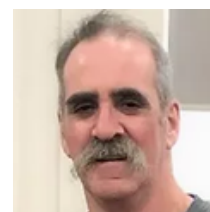
Jo Morris



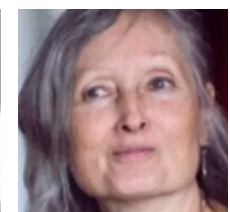
Jo Golds



Lilei Enright



Tom Scott



Elizabeth Mackenzie