

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
<p>10.30am Exercise to Music <i>with Jo G</i></p>	<p>8.30am Women's Cross Training <i>with David</i></p>	<p>10.15am Seated Strength Exercise <i>with David</i></p>	<p>9.30am Men's Exercise <i>with Tom</i></p>	<p>9.30am Women's Cross Training <i>with David</i></p>
<p>12pm Seated Strength Exercise <i>with David</i></p>	<p>9.30am Challenge Your Balance <i>with Denise</i></p>	<p>10.15am Strength Exercise <i>with Tom</i></p>	<p>9.30am Movement to Music <i>with Jo M</i> **45 minute class**</p>	<p>10am Tai Chi <i>with Lilei</i></p>
	<p>11.30am Seated Exercise to Music <i>with Jo M</i></p>	<p>11.30am Line Dancing <i>with Jo C</i></p>	<p>1pm-3.30pm Table Tennis <i>self run</i></p>	<p>11am Seated Strength Exercise <i>with Yanmei</i></p>
	<p>1.45pm Seated Strength Exercise <i>with David</i></p>		<p>2.30pm Meditation & Yoga <i>with Elizabeth</i></p>	<p>11.15am Seated Tai Chi <i>with Lilei</i></p>
	<p>1.45pm Strength Exercise <i>with Tom</i></p>			

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



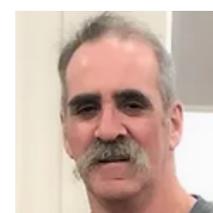
Jo Morris



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