

Exercise and Socialise

Join our exercise classes, led by qualified instructors, and enjoy a cuppa with your group and trainer afterwards. Our programs suit all capabilities and focus on rehabilitation, building strength, and improving health and wellbeing. Plus, we offer a FREE trial for your first class!

COME ALONG FOR
A FREE TRIAL!

Our Classes

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|--|
| 10.30am Exercise to Music <i>with Jo G</i> | 9.30am Challenge Your Balance <i>with Yanmei</i> | 10.15am Seated Strength Exercise <i>with Ed</i> | 9.30am Men's Exercise <i>with Tom</i> | 10am Tai Chi <i>with Lilei</i> |
| 12pm Strength & Balance <i>with Ed</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 min class** | 11am Seated Strength Exercise <i>with Ed</i> |
| | 1.45pm Seated Strength Exercise <i>with Raymond</i> | 11.30am Line Dancing <i>with Jo C</i> | 1pm-3.30pm Table Tennis <i>self run</i> | 11am Pilates <i>with Jo M</i> **Starts March 2025** |
| | 1.45pm Strength Exercise <i>with Tom</i> | | 2.30pm Meditation & Yoga <i>with Elizabeth</i> | |

Legend

- Gentle
- Moderate
- Active

Evergreen Gym Studio

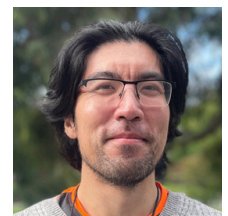
Small Group Circuit Sessions

(45 minutes)

Thursdays 11am & 1.15pm
with Raymond

Train with the experts

Our exercise classes are run by a team of qualified trainers who bring a wealth of experience and expertise to our programs. They're always on hand for a chat to discuss your requirements and goals. For more information, please contact our Exercise Coordinator, Raymond.



Raymond Kolesnikoff

Cost

\$11 CHSP assessed and approved

\$15 non assessed / Home Care Packages

