

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
<p>10.30am Exercise to Music <i>with Jo G</i></p>	<p>9.30am Challenge Your Balance <i>with Yanmei</i></p>	<p>10.15am Seated Strength Exercise <i>with Ed</i></p>	<p>9.30am Men's Exercise <i>with Tom</i></p>	<p>10am Tai Chi <i>with Lilei</i></p>
<p>12pm Strength & Balance <i>with Ed</i></p>	<p>11.30am Seated Exercise to Music <i>with Jo M</i></p>	<p>10.15am Strength Exercise <i>with Tom</i></p>	<p>9.30am Movement to Music <i>with Jo M</i> **45 min class**</p>	<p>11am Seated Strength Exercise <i>with Ed</i></p>
	<p>1.45pm Seated Strength Exercise <i>with Denise</i></p>	<p>Evergreen Gym Studio</p> <p>Small Group Gym Sessions (45 mins) Thursdays 11am & 1.15pm <i>with Raymond</i></p>		
	<p>1.45pm Strength Exercise <i>with Tom</i></p>		<p>1pm-3.30pm Table Tennis <i>self run</i></p>	
			<p>2.30pm Meditation & Yoga <i>with Elizabeth</i></p>	

Gentle intensity

- Seated Strength Balance
- Meditation & Yoga

Moderate intensity

- Strength Balance
- Challenge your Balance
- Strength Exercise
- Seated Exercise to Music
- Tai Chi
- Table Tennis

Active classes

- Exercise to Music
- Men's Exercise
- Movement to Music

