

ACTIVE OVER 50 – NEWCASTLE, LAKE MACQUARIE & PORT STEPHENS

Who are the classes for? Active Over 50 classes are designed specifically for people aged 50 and over, and will help you to improve your balance, muscle strength, cardiovascular fitness and flexibility, and stay fit, healthy and independent for life.

What to wear? For gentle exercise classes wear comfortable clothing that allows you to move, comfortable enclosed exercise shoes and bring a drink of water.

For more information about classes please call the listed contact or the Active Over 50 Free call number 1300 887 776.

ACTIVE OVER 50 CLASS TIMETABLE NEWCASTLE AND LAKE MACQUARIE

Details current as at 27/10/11. Please check with venue or class contact prior attending.

Class Intensity: L = Low, M = Medium, H = High

GENTLE EXERCISE	CONTACT	MON	TUES	WED	THURS	FRI	SAT
BELMONT Anglican Church Hall Church Street Intensity M	Donna Scates ☎ 4359 2860, or 0418 266358		10.00 am			8.30 am	
BELMONT Neighbourhood Centre 359 Pacific Hwy Intensity L to M	Susan Cook ☎ 4948 8821 0414 567 593	8.00 am		7.00 pm YOGA	8.00 am		
BELMONT Planet Fitness 17 Alick Street (opp Gonyah) Intensity L to H	Planet Fitness ☎ 4947 0944	10.30 am		10.30 am			
BELMONT NORTH Greenleaf Retirement Village, 7 Ntaba Road Intensity L to M	Helen Regan ☎ 0419 197703		8.00 am			8.00 am	
BERESFIELD Bowling Club Anderson Drive Intensity L to H	Shanyn Dunn ☎ 4928 3252 Bowling Club ☎ 4966 3361		10.00 am				

GENTLE EXERCISE	CONTACT	MON	TUES	WED	THURS	FRI	SAT
BERESFIELD St Pauls Church Hall Lawson Avenue Intensity L to H	Laurie Hoy ☎ 4966 8092 ☎ 0414 014897		9.30 am	10.30 am ZUMBA Gold		9.30 am	
BONNELLS BAY Henry Kendall Bayside Village, Marconi Road Intensity L to M	Susan Cook ☎ 4948 8821 0414 567 593			8.45 am			
BROADMEADOW PCYC Young Road Intensity L to H	Laraine Dunn ☎ 4946 8578 or 0409 980130		7.30 am		7.30 am		
CAVES BEACH Community Leisure Centre, 5 Strathmore Road Intensity L to H	Lisa Bignell ☎ 4971 4695	8.30 am 11.00 am Low	8.30 am Yoga/ Pilates	8.30 am 11.00 am Low		8.30 am 11.00am Low	9.30am Yoga/ Pilates
COORANBONG Avondale High School Multi-Purpose Centre Intensity L to H	Zanita Johnson ☎ 4972 2288 or 0412 154888	8.00 am			8.00 am		
EDGEWORTH Edgeworth Bowling Club Park Street Intensity L to H	Donna Kramer ☎ 4957 2857 0412 676627			9.00 am			
ELERMORE VALE Elermore Glen Retirement Village 187 Lake Road Intensity L to M	Tammie Radley ☎ 4955 5302					9.15am	
ELERMORE VALE Viking Aquatic & Fitness Centre, 156 Cardiff Road Intensity M to H	Debbie Budden ☎ 4951 3280	9.30 am			9.30 am		
GATESHEAD Fitness Revolution 26 Oakdale Road Intensity M to H	Leanne or Fran ☎ 4943 5855		10.30 am		10.30 am		
GLENDALE North Power Hunter Sports Stockland Drive Intensity L to H	Michelle ☎ 4953 6366			7.30 am		7.30 am	
LAMBTON Planet Fitness Energy Australia Stadium Turton Road Intensity M to H	Planet Fitness ☎ 4956 2144	8.30 am 10.30am Balance	6.30pm Yoga	8.30 am 10.30 am Pilates			

GENTLE EXERCISE	CONTACT	MON	TUES	WED	THURS	FRI	SAT
MARKS POINT Community Hall Swan Street Intensity M	Donna Scates ☎ 4359 2860 or 0418 266358				10.00 am		
MAYFIELD Anglican Hall Church Street Intensity M	Susan Cook ☎ 4948 8821	9.30 am					
NEW LAMBTON Wests Balance Gym Western Suburbs Leagues Club, Hobart Road Intensity M	Wests Gym ☎ 4935 1200	1.30 pm 2.30 pm	11.00 am	1.30 pm 2.30 pm	11.00 am	12.00 pm	
NEW LAMBTON The Lodge, JHH Campus Lookout Road Intensity L to M	Hunter Rehab ☎ 4921 4110	11.30 am 12.30 pm	10.00 am 11.00 am 12.00 pm	8.30 am 9.30 am 12.00 pm	10.00 am 11.00 am	9.00 am 10.00 am 11.00 am	
STOCKTON Uniting Church Hall Mitchell Street Intensity L to M	Shaynyn Dunn ☎ 4928 3252	6.30 pm	8.30 am		8.00 am 6.30 pm		
SWANSEA Combined Pensioners Hall Intensity M	Donna Scates ☎ 43592860 or 0418 266358	9.30 am					
TERALBA Community Hall Anzac Parade Intensity L to H	Laraine Dunn ☎ 4946 8578	10.30 am					
TORONTO Diggers Club 41 The Boulevard Intensity L to M	Pamela Glover ☎ 4953 0231		8.00 am				
TORONTO Royal Motor Yacht Club 6 Arnott Ave Intensity M	Kathryn Gilbert ☎ 4950 5962 Yacht Club ☎ 4959 2051	9.00 am		9.00 am		9.00 am	
WARNERS BAY Genetics Fitness Club 314 Hillsborough Road Intensity L to H	Danielle ☎ 4956 6557	8.00 am		8.00 am		8.00 am	
WINDALE PCYC, Lake Street Intensity L to H	Laraine Dunn ☎ 4946 8578	9.00 am		7.45 am			

AQUA EXERCISE	CONTACT	MON	TUES	WED	THURS	FRI	SAT
BERESFIELD Beresfield Pool Anderson Drive (Closed in Winter) Intensity L to H	Laurie Hoy ☎ 4966 8092 ☎ 0414 014897			6.00 pm Zumba GOLD			
BERESFIELD Beresfield Pool Anderson Drive (Closed in Winter) Intensity L to H	Shaynyn Dunn ☎ 4928 3252 Swimming Pool ☎ 4966 1711						10.15 am
CHARLESTOWN Charlestown Pool, Dickinson Street Intensity L to H	Tracey Lochrin ☎ 4953 1275 Charlestown Pool ☎ 4943 7041	7.30 am 8.15 am	7.30 am	7.30 am 8.15 am	7.30 am 8.15 am	7.30 am	
ELERMORE VALE Viking Aquatic & Fitness Centre, 156 Cardiff Rd Intensity M to H	Debbie Budden ☎ 4951 3280	10.30 am 6.00 pm	9.30 am 6.30 pm	10.30 am 5.30 pm	9.30 am	10.30 am	
NEW LAMBTON The Lodge, JHH Campus, Lookout Road Intensity L to M	Rehab Pool, ☎ 4921 4110 MUST BOOK	3.00 pm 5.00 pm			5.00 pm	9.00 am	
STOCKTON Stockton Pool, Pitt Street (Closed in Winter) Intensity L to H	Shaynyn Dunn ☎ 4928 3252 Swimming pool ☎ 4928 1589						8.30 am
THORNTON Justin Norris Swim Centre 6 Sandringham Avenue Intensity L to H	Pamela Glover ☎ 4953 0231 Swim Centre ☎ 4966 1411	7.00 am					
SWANSEA Swansea Pool, Chanel Street (Closed in Winter) Intensity L to H	Pool ☎ 4971 1518		8.30 am		8.30 am		
TORONTO WEST Toronto Pool, Awaba Rd & Carlton St Intensity L to M	☎ 4959 9229 MUST BOOK	6.00 pm	10.00 am	6.00 pm	9.30 am 10.00 am		
WARNERS BAY Coughlan's Swim Centre, 318 Hillsborough Road Intensity L to M	☎ 4954 3300	9.00 am		9.00 am		9.00 am	

TAI CHI	CONTACT	MON	TUES	WED	THURS	FRI	SAT
CHARLESTOWN Multi Purpose Centre 17 James Street Intensity L to M	Rosalie Heffernan ☎ 0409 124322					11.15 am	
COAL POINT Progress Hall Skye Point Road Intensity L to M	Rosalie Heffernan ☎ 0409 124322		6.30 pm				
** GARDEN SUBURB Community Hall Myall Road Tai Chi for Arthritis Intensity L	Susan Cook ☎ 4948 8821					9.00 am	
SPEERS POINT Five Island Recreation (RSL) Club 189 Main Road Intensity L to M	Rosalie Heffernan ☎ 0409 124322		10.15 am				
TORONTO Diggers (RSL) Club 41 The Boulevard Intensity L to M	Rosalie Heffernan ☎ 0409 124322					9.00 am	
** WARNERS BAY Lymington Village, Warners Bay Road Intensity L	Susan Cook ☎ 4948 8821		2.00 pm				

** These Tai Chi classes are designed to progressively develop technique and moves, so some participants may find it difficult to join in a class that has been going for awhile. If you are a beginner and/or are interested in joining one of these Tai Chi class please call Susan Cook on 4948 8821 to register your interest.

ACTIVE OVER 50 CLASS TIMETABLE CENTRAL COAST (Near to Lake Macquarie)

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GENTLE EXERCISE	CONTACT	MON	TUES	WED	THURS	FRI	SAT
GWANDALAN Community Hall Gamban Road Intensity M	Donna Scates ☎ 43592860 or 0418 266358					10.15 am	
LAKE HAVEN Gym & Recreation Centre Shopping Complex Intensity M to H	Donna Scates ☎ 43592860 or 0418 266358					12.00 pm	
CHARMHAVEN Swim School, Arizona Road Intensity M	Donna Scates ☎ 4359 2860 or 0418 266358 Swim School ☎ 43920101		12.45 pm		12.45 pm		

ACTIVE OVER 50 CLASS TIMETABLE PORT STEPHENS

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GENTLE EXERCISE	CONTACT	MON	TUES	WED	THURS	FRI	SAT
HAWKS NEST Dance Studio 4 Yamba Street Intensity M to H	Tracey Rochester ☎ 4997 2728	8.30 am		8.30 am		8.30 am	
NELSON BAY PCYC, Austral Street Intensity L to H	Ros Slaughter ☎ 4984 9763 Tracey Brewer ☎ 0411 493 208	8.00 am		8.00 am		8.00 am	
SOLDIERS POINT Community Centre, Soldiers Point Road Intensity L to H	Ros Slaughter ☎ 4984 9763 Tracey Brewer ☎ 0411 493 208		8.00 am			8.00 am	
TILLIGERRY PENINSULAR Lemon Tree Passage Road Tilligerry RSL Club Tanilba Bay Intensity L to H	Shanyn Dunn ☎ 4928 3252 ☎ 04382 83252		12.00 pm				