

Community physical activity options for people aged 50 and over

Details current as at 15/12/2010

Please check with venue or class contact prior attending.

GUNNEDAH

Which class is suitable for me?

Group exercise programs are a great way to socialise, make new friends and be active at the same time. A combination of exercise for heart health, strength and balance is recommended.

Balance and Strength – Gentle exercise classes specifically designed to challenge and improve balance skills and develop greater muscle strength. These classes are provided by fitness instructors with extra training in balance exercises for people of all ability levels, to reduce the risk of injury from falls. Classes are designed to be fun, whilst getting the benefits of regular exercise.

Tai Chi – Very slow, gentle movements that are excellent for managing arthritis, improving posture and balance, increasing strength, and promoting flexibility. The regular practice of Tai Chi is effective in reducing the risk of having a fall or multiple falls. It is an excellent starting point for people with arthritis, diabetes, circulation problems, overweight, and for people who haven't exercised for a long time.

Gentle Exercise – Low impact classes (no running or jumping), that consist of simple movements to improve stamina, flexibility, strength, and balance. Classes are graded as 'low', 'medium' and 'high', and designed to be fun, boost your confidence and help you become active regularly.

Aqua – Water based exercise, consisting of simple moves to improve flexibility, stamina, and strength. Aqua classes are excellent for people with circulation problems, arthritis, are overweight, unsteady on their feet or are recovering from surgery, and for people who haven't exercised for a long time. Aqua is a great first step, before progressing to other group exercise classes which build balance and strength.

How much physical activity is needed for a health benefit?

It is recommended that everyone should do at least 30 minutes of "moderate" intensity physical activity most days of the week. This includes anything that makes you breathe harder or increases your heart rate.

The risk of getting injured from having a fall increases with age. Reduce this risk by doing regular activity that "challenges" your balance for at least 2 hours per week. This includes any exercise where you stand on one leg or with your feet close together but do not use your arms.

People over 50 should do some form of physical activity, no matter what their age, weight, health problems or abilities.

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

Programs for Balance and Strength

RECOMMENDED balance and strength programs

BALANCE AND STRENGTH

No classes currently available

TAI CHI	CONTACT	MON	TUES	WED	THURS	FRI
CWA Hall Barber Street Intensity L to H	Jenny Bowles 0428 326 089		<i>Beginners</i> 11 am 7 pm <i>Advanced</i> 9.30 am 6 pm			

OTHER programs with *some* balance and strength

GENTLE EXERCISE	CONTACT	MON	TUES	WED	THURS	FRI
Peak Fitness 204 Conadilly St 1. Heartmoves 2. Pilates 3. Mobility Intensity L (graded 1 to 3)	Chris or Karie De Groot 6742 7337	5 pm	10.30 am		5 pm	10.30 am

Programs for people with *individual* needs (BOOKINGS REQUIRED)

COMMUNITY HEALTH	CONTACT	MON	TUES	WED	THURS	FRI
Cardiac Rehab (<i>for clients with cardiac history only</i>) Education Centre Hospital Grounds, Marquis St Intensity L to M	Contact Melissa for more information 6741 8000			11 am to 12 pm		
Pulmonary Rehab (<i>for clients with respiratory disease only</i>) Education Centre Hospital Grounds, Marquis St Intensity L	Contact Cindy for more information 6741 8000	11 am to 1 pm				
Mobility class (<i>Doctor referral required</i>) Physiotherapy Department Hospital Grounds, Marquis St Intensity M	Contact James for bookings 6741 8093					10 to 11 am Commencing 18 February 2011

Programs for *other health benefits*

AQUA	CONTACT	MON	TUES	WED	THURS	FRI
Aqua "Body aware" Gunnedah Swimming Pool Anzac Parade & Memorial Ave Intensity L to H	Karie de Groot 6742 7337	10 to 11 am		10 to 11 am		
Aqua aerobics Gunnedah Swimming Pool Anzac Parade & Memorial Ave Intensity M to H	Barbara Williams 0416 067 149			6.30 pm		
Gentle water exercise for injury, rehabilitation or health improvement Gunnedah Swimming Pool Anzac Parade & Memorial Ave Intensity L to M	Maxine Kiellor 6743 1763				6.30 pm	

YOGA	CONTACT	MON	TUES	WED	THURS	FRI
Traditional Hathra Yoga Lions Club Hall At Retirement Village Porcupine Rd Intensity L to H	Jan Parker 6765 3668				1.50 pm 6 pm	

ZUMBA	CONTACT	MON	TUES	WED	THURS	FRI
Gunnedah PCYC View Street Intensity L to H	Renae Sweeney 0432 124 322			6.15 to 7.15 pm		

DANCING	CONTACT	MON	TUES	WED	THURS	FRI
Line Dancing Gunnedah Public School Hall, Abbott Street Enter via Elgin Street Intensity M	Glenda Silver 6742 1043 0427 927 019 <i>(wear comfortable leather soled shoes)</i>	4.30 to 7 pm				
Mary's Dance Group <i>(new vogue and old time)</i> Gunnedah Public School Hall, Abbott St Enter via Elgin Street Intensity L	Graham Murrell 6742 2581 Mary Donnelly 6742 0367 <i>(couples preferred)</i>		<i>Beginners</i> 7 to 8 pm <i>Seniors</i> 8 to 10 pm			

WALKING GROUP	CONTACT	MON	TUES	WED	THURS	FRI
Gunnedah "Smart Hearts" Meet at Gunnedah Golf Club at 7 am sharp <i>(walk location varies)</i> Intensity L	Beth 6742 1230	7 am		7 am		7 am

Physical activity options for *more active* people aged over 50

GYM based programs	CONTACT	Programs available	Opening hours
Contact Gyms for more details about classes and individual exercise programs			
Peak Fitness 204 Conadilly St	Chris or Karie De Groot 6742 7337	<ul style="list-style-type: none"> Group exercise programs Individual programs Personal training (by appointment) 	Monday to Friday, 6 to 11 am, 4 to 8.30 pm Saturday morning
Anytime Fitness Shop 4, Gunnedah Shopping Centre Little Conadilly St (next to Coles)	Laura Baker 6742 0555	<ul style="list-style-type: none"> No group exercise programs Individual programs only 	Open 24 hours Staffed hours: Monday to Thursday 10 am to 6.30 pm Friday 10 am to 2 pm
Curves (women only) 86 Marquis Street	6742 6708	Individual circuit training for strengthening women	Monday to Friday 6 to 11 am, 2 to 7 pm Saturday 8 to 11 am

OTHER TOWNS

RECOMMENDED balance and strength programs

BALANCE AND STRENGTH	No classes currently available
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TAI CHI	CONTACT	MON	TUES	WED	THURS	FRI
BOGGABRI RSL Club Laidlaw Street Intensity L to H	Jenny Bowles 0428 326 089					9.30 am

OTHER programs with *some* balance and strength

GENTLE EXERCISE	CONTACT	MON	TUES	WED	THURS	FRI
BOGGABRI Heartmoves Boggabri Bowling Club Laidlaw Street Intensity L	Tanya Harris 0459 557 593 Mandy Boxsell 6749 7000	10.30 to 11.30 am			10.30 to 11.30 am	

Programs for *other* health benefits

YOGA	CONTACT	MON	TUES	WED	THURS	FRI
BREEZA <i>Traditional Hathra Yoga</i> Community Hall Intensity L to H	Jan Parker 6765 3668		1 to 2 pm			
SPRING RIDGE <i>Traditional Hathra Yoga</i> Community Hall Intensity L to H	Jan Parker 6765 3668		11 am to 12 pm			

AQUA	CONTACT	MON	TUES	WED	THURS	FRI
BOGGABRI Boggabri Pool Laidlaw Street Summer only (October to March) Intensity M to H	Tanya Harris 0459 557 593			6 pm		