

ACTIVE OVER 50 –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 PORT STEPHENS

Details current as at 27/10/2011. 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
BERESFIELD Bowling Club Anderson Drive Intensity L to H	Shaynyn Dunn ☎ 4928 3252 Bowling Club ☎ 4966 3361		10.00 am				
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	
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	Shaynyn Dunn ☎ 4928 3252 ☎ 04382 83252		12.00 pm				
--	--	--	-----------------	--	--	--	--

AQUA EXERCISE	CONTACT	MON	TUES	WED	THURS	FRI	SAT
BERESFIELD Beresfield Pool Anderson Drive (Closed in Winter) Intensity L to H	Shaynyn Dunn ☎ 4928 3252 Swimming Pool ☎ 4966 1711						10.15 am
BERESFIELD Beresfield Pool Anderson Drive (Closed in Winter) Intensity L to H	Laurie Hoy ☎ 4966 8092 ☎ 0414 014897		6.00 pm ZUMBA Gold				