

ACTIVE OVER 50 – MAITLAND & HUNTER VALLEY

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 MAITLAND & HUNTER VALLEY

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

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

GENTLE EXERCISE	CONTACT	MON	TUES	WED	THURS	FRI	SAT
BERESFIELD 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	
CESSNOCK Total Fitness 21 Cessnock Road Intensity L to H	Alayne Rohr ☎ 4990 4066		11.00 am	7.00 pm	11.00 am		
KURRI KURRI Aquatic Centre Boundary Street Intensity L to M	Aquatic Centre ☎ 4937 1362		6.30 pm Pilates				
KURRI KURRI Senior Citizens Hall Barton Street Intensity L to M	Maria Carter ☎ 0450 851245			11.00 am			
MAITLAND CWA Hall, Church Street Maitland Intensity L to H	Laurie Hoy ☎ 4966 8092 ☎ 0414 014897 Booking essential				9.30 am		

GENTLE EXERCISE	CONTACT	MON	TUES	WED	THURS	FRI	SAT
MUSWELLBROOK Muswellbrook & District Workers Club Sydney Street Intensity L to H	Julie Sneddon ☎ 6543 2517		8.30 am		1.00 pm	9.00 am	
SINGLETON Singleton Gym & Swim Civic Avenue Intensity L to H	Lauretta Mellows ☎ 6572 1359	8.00 am		8.00 am		8.00 am	
GENTLE EXERCISE (Physical Culture and Dance)	CONTACT	MON	TUES	WED	THURS	FRI	SAT
MERRIWA Merriwa RSL Club Intensity L to M	Sharyn Whitaker ☎ 6548 2662			10.30 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			6.00pm Aqua ZUMBA Gold			
BERESFIELD Beresfield Pool Anderson Drive (Closed in Winter) Intensity L to H	Sharyn Dunn ☎ 4928 3252 Swimming Pool ☎ 4966 1711						10.15 am
KURRI KURRI Aquatic Centre Boundary Street Intensity L to M	Aquatic Centre ☎ 4937 1362	9.30 am 10.30 am		9.30 am		9.30 am 10.30am	
MAITLAND Maitland Pool Les Darcy Drive (Closed in Winter) Intensity L to H	Maitland Pool ☎ 4933 5073		9.30 am	5.30 pm	9.30 am		
RUTHERFORD 41 Hinkler Avenue Intensity L to H	Laurie Hoy ☎ 4966 8092 ☎ 0414 014897	11.30 am					
SINGLETON Singleton Gym & Swim Civic Avenue Intensity L to H	Lauretta Mellows ☎ 6572 1359	8.00 am		8.00 am		8.00 am	
THORNTON Justin Norris Swim Centre 6 Sandringham Avenue Intensity L to H	Pamela Glover ☎ 4953 0231 Swim Centre ☎ 4966 1411	7.00 am					