



TIMETABLE of ACTIVE OVER 50 CLASSES as at JUNE 2010.

It's never too late to start!

CHOOSE FROM AQUAFITNESS, BALLROOM DANCING, STRENGTH TRAINING
TAI CHI AND GENTLE EXERCISE.

***NB: Timetable details are correct at time of printing but may change.
Please check class times & prices by ringing the venue before attending.***

CLASS INFORMATION

Who are the classes for? Active Over 50 classes are specifically for people aged 50 & over, & are designed to improve balance, flexibility, stamina & strength. Trained instructors conduct classes.

Prices: All venues offer an affordable single session cost. Memberships are available but not mandatory.

Bookings are essential for initial Strength Training sessions. There may be a fee for the initial individualised program & assessment for strength training. Please ring the venue to book in.

A medical clearance from your doctor is required, & for your exercise safety, the fitness instructor will ask you to complete a health questionnaire.

Arrive early- for your first class so you can meet the instructor, & participate in the warm up.

What to wear – Loose comfortable clothing & supportive jogger style shoes, plus it's a good idea to bring a bottle of water & towel.

***For more information, please visit www.healthpromotion.com.au or ring the
Central Coast Health Promotion Unit on 4349 4800.***

AQUAFITNESS	COST PER SESSION	MON	TUE	WED	THUR	FRI	SAT
CLASSES ARE GRADED: 1= Easy 2= Moderate 3 = Energetic							
BERKELEY VALE- Private Hospital Pool Lorraine Avenue ☎ 4389 2746 ☎ 0410572746	\$12 or \$85 for 10 classes	6pm (2)		6pm (2)			
GOSFORD POOL - Masons Pde, ☎ 4325 1869	\$8.50 or 10 visit pass available				6pm(2) 7pm(2)		
MINGARA - 'Mingara One' Mingara Dr, Tumbi Umbi ☎ 4388 9202	\$6.50 \$55 for 10 visit pass	9.30am (3)			9.30am (3)		
KINCUMBER SWIM CENTRE Kerta Rd Kincumber ☎ 0407940869	\$9 or \$75 for 10 visit pass	1pm(2)					
KINCUMBER SWIM SCHOOL 102 Avoca Dr Kincumber ☎ 0407940869	\$9 or \$75 for 10 visit pass			1pm(2)		1pm (2)	
WEST GOSFORD- Swim School 67 Pacific Highway West Gosford ☎ 0407 940 869 (near Caltex Station)	\$9 or \$85 for 10 visit pass		8.30am (2)			11am (2)	

BALLROOM DANCING	COST PER SESSION	MON	TUE	WED	THUR	FRI	SAT
ETTALONG Bowling Club, Springwood St, Ettalong ☎ 4340 1057	\$7.50				10am		
WYONG RSL CLUB- Anzac Ave ☎ 4340 1057	\$7.50		10.30am	Social Dance every 4 th Friday of the month at Wyong RSL- 10am-12.30pm \$7.50 per person			

STRENGTH TRAINING	COST PER SESSION	MON	TUE	WED	THUR	FRI	SAT
BOOKINGS ARE ESSENTIAL for the first session of strength training- Please ring the venue to book in.							
CHARMHAVEN Millennium health Club, Chelmsford Drive ☎ 4392 5536	\$7 or \$65 for 10 visit pass	7.30am	11.30AM	7.30am	11.30AM	7.30am	
LAKEHAVEN YMCA Recreation Centre, Goobarabba Ave, Gorokan ☎ 4392 7677	\$7.00 or \$49 per month	<i>Book in for initial assessment & program then attend any time that suits you.</i>					
MINGARA- 'Mingara One' Mingara Dr, Tumbi Umbi ☎ 4388 9202	\$6.50 or \$55 - 10 visit pass	7.30am	7.30am & 11.30am	8am & 1pm	11.30am	7.30am	
TUGGERAH 4 in 1 Fitness Suite F, 152 Pacific Highway ☎ 43533244 (Above SupaCheap Auto)	\$7.50	<i>Book in for initial assessment & program then attend any time that suits you.</i>					
WOY WOY Peninsula Leisure Centre, 243 Blackwall Rd ☎ 43258123	\$6.80	7.30am	12.30pm	7.30am	12.30pm	7.30am	

<i>TAI CHI</i>	COST PER SESSION	MON	TUE	WED	THUR	FRI	SAT	
CLASSES ARE GRADED: B= Beginner. I = Intermediate. Class duration 45 mins- 1hr please check with instructor.								
CHARMHAVEN- Millennium Health Club, Chelmsford Rd ☎ 4392 5536	\$6		8.30am (I)		8.30am			
DAVISTOWN- Progress Hall Davistown Rd, ☎ 0425 262 155	\$10					9.30am(B) 10am (I)		
EAST GOSFORD - Progress Hall Cnr Wells St & Henry Parry Dr ☎ 4323 3249	\$8		10.30 (B)		10-11 (B) 11-12 (I)			
ETTALONG – Senior Citizens Centre, Broken Bay Rd ☎ 0424347578	\$6				12md (B to I)			
ETTALONG Uniting Church Hall Picnic Pde ☎ 0425 715 134 (Michelle) ☎ 4332 8550 (Lyn)	\$7 FIRST CLASS FREE	3.45pm (B) (Michelle)		10.30am(I)(Lyn) 3.45pm (B) (Michelle)	8.45am(B) (Michelle)			
GOSFORD GOLF CLUB Racecourse Rd ☎ 4332 8550	\$8 FIRST CLASS FREE	11.30am (B) Commencing July 19 th	Please phone Lyn on 43328550 to confirm before attending					
KINCUMBER Neighbourhood Centre 20-22 Kincumber St ☎ 0407 940 869	\$7				11- 12mdB) 11.30 (I)			
TERRIGAL SURF CLUB The Esplanade, Terrigal ☎ 43852838	\$7			8am (I)				
THE ENTRANCE Community Centre, Oakland Ave ☎ 4332 8550	\$7 FIRST CLASS FREE		12.30pm (B) Commencing July 20 th			10.30am(I) 1PM (B)		
WEST GOSFORD Gosford RSL Yallambee Ave ☎ 0425 262 155	\$9		9.30 (B) 10am (I)					
WOY WOY Peninsula Leisure Centre 243 Blackwall Road ☎ 4325 8123	\$7				11.30am(I) 12.30 (B)			
WOY WOY St Lukes Anglican Church, Blackwall Rd ☎ 0407 940 869	\$7		12.15 (B) 12.50 (I)					
WYOMING- Henry Kendall Gardens, Maiden's Brush Rd ☎ 0425 262 155	\$9	3pm						
WYOMING - Community Centre Maiden's Brush Rd ☎ 0425 262 155	\$10						9am(B) 10am(I)	
WOY WOY – Priority One Ladies Health & Fitness, George St ☎ 4342 5111	\$7.50	4.30pm						

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<i>GENTLE EXERCISE</i>	COST PER SESSION	MON	TUE	WED	THUR	FRI	SAT
CLASSES ARE GRADED: 1= Easy 2= Moderate 3 = Energetic							
BATEAU BAY MEDICAL CENTRE 599 the Entrance Rd Bateau Bay ☎ 4332 6411	\$8	3.30pm (1)				3.30pm (1)	
CHARMHAVEN Millennium Health Club, Chelmsford Drive ☎ 4392 5536	\$6 Classes suitable for all levels**	8.30**		8.30**		8.30**	
ETTALONG- Uniting Church Hall Picnic Pde ☎ 4332 8550	\$7			8.30 (2)			
ETTALONG- Senior Citizens Centre, Broken Bay Rd ☎ 4328 2637	\$6 (Mon) \$7 (Wed) First Class Free	1pm (Jenny)		1pm(2) (Kate)			
ERINA AnytimeFitness 310 The Entrance RD Erina ☎ 43 677922	\$7.50	8.30(3)	8.30(2)		8.30(1)	8.30(3)	
GOSFORD Uniting Church Hall Donnison St ☎ 4328 2637	\$6			3pm (1)			
Suitable for people with visual impairment-***This class will conclude permanently at the end June							
GOSFORD Golf Club Racecourse Rd ☎ 4332 8550 or ☎ 4328 2637	\$8	10am (2)			10am (1)		
GOSFORD Senior Citizens Centre Albany St ☎ 0407 940 869	\$7 First Class Free			9am (2)			
KINCUMBER- Neighbourhood Centre, Kincumber St, ☎ 4384 3499	\$6	8.45 (2)		8.45 (2)			
LAKEHAVEN YMCA Recreation Centre, Goobarabba Ave, Gorokan ☎ 4392 7677	\$6	8.30(2)		8.30(1)		8.30(2)	
MINGARA- 'Mingara One' Mingara Dr, Tumbi Umbi ☎ 4388 9202	\$6.50		8.30(3)	8.30(3) 4.30pm(3)		8.30(3)	
TERRIGAL - Senior Citizens Centre, Duffy's Rd ☎ 4384 5152	\$5	8am- 9.15am (3)				8am- 9.15am (3)	
THE ENTRANCE Community Centre, Oakland Ave The Entrance ☎ 4332 8550	\$7		9.15am(2)			9.15am(2)	
TUGGERAH 4 in 1 Fitness. Suite F 152 Pacific Highway, Tuggerah ☎ 43533244	\$5.50			8.30am (1)			
UMINA Uniting Church Cnr Ocean Beach Rd & Neptune St ☎ 0438 431 571	\$6	9.30(2)	9.30(2)		9.30(2) 11am (1)		
WOY WOY Community Centre 93 MacMasters Rd, ☎ 4341 9333	\$6	9.30am(1)					
WOY WOY – Peninsula Leisure Centre 243 Blackwall RD Woy Woy ☎ 4325 8123	\$7.00	8.30am(2)				8.30am (3)	
WOY WOY – Priority One Ladies Health & Fitness, George St ☎ 4342 5111	\$7.50			8.30am (2)		11.30am (2)	
WYOMING Anytime fitness Brooks Ave Wyoming ☎ 43282244	\$7.50		8.30am(2)		8.30am(2)		