



## Welcome

Keeping fit and healthy is important for everyone. If you're over 50, regular exercise can help you feel better and will give you more energy to do things you enjoy.

Research shows that being physically active also increases your chance of leading a healthy and independent life. It only takes 30 minutes of moderate physical activity on most days of the week to maintain good health.

Falling over is a concern for older adults. Doing activities such as Tai Chi and strength training can reduce the risk of falling.

This directory<sup>#</sup> has been developed by Northern Sydney Central Coast Health Promotion for people over 50. It lists a range of physical activities available in the Ryde and Hunters Hill local areas and immediate surrounds. It is hoped that it will provide a starting point for those wishing to take up exercise. Why not try Tai Chi, gentle exercise, walking, or dancing?

You may have stopped being active in recent years or you may never have been - it doesn't matter - it's never too late to start exercising!

Before you start exercising, it is recommended you check with your doctor first.

<sup>#</sup> Please refer to the disclaimer over the page

Business	Address	Suburb	PC	Phone
Active Health Club	7 - 11 Talavera Road	Eastwood	2112	9870 8775
Ageless & Fit	61 Westminster Rd	Gladesville	2111	9817 0107
Anne Finlay -Yoga Classes & Alexander Technique	44 Moira Ave	West Ryde	2114	9874 6880
Australian Academy of Tai Chi	PO Box 1020	Burwood North	2134	9797 9355 9808 3080
Australian Academy of Tai Chi	6 Fox Rd	East Ryde	2113	9878 2426
Aust Society of Teachers of the Alexander Technique (AUSTAT)	3 Beck St 64 Coolaroo Road	Epping North Lane Cove	2121 2066	9868 1448 9427 5531
Bjelke-Petersen School of Physical Culture	Suite 2a/14 Glen St	Eastwood	2122	9858 5122
Brush Park Bowling Club	Cnr Marsden Rd & Rutledge St	Eastwood	2122	9858 1166
Come Dancing	PO Box 250	Oatlands	2117	9804 7860
Contours Epping	Shop 22 74-76 Rawson St	Epping	2110	9869 0741 0425 268 030
Contours North Ryde	1st Floor 13 Avon Rd	North Ryde	2113	9887 2887
Curves Epping	24 Oxford Street	Epping	2121	9869 4044
Curves Gladesville	Lvl 1/ 245 Victoria Rd	Gladesville	2111	9817 5599
Curves Lane Cove	Shop 9, 73 Longueville Rd	Lane Cove	2066	9418 6833
Curves West Ryde/Denistone	9 Graf Ave	West Ryde	2114	9807 9949
Denistone East Bowling & Recreation Club Ltd	Cnr Kings Rd & Salter Cres	Denistone East	2112	9874 6994
Denistone Sports Club	59 Chatham Rd	West Ryde	2114	9874 3650
EFM Health Clubs	59 Charles Street	Ryde		0414 468 826
Empowerment Dance & Feldenkrais Method	44 Marshall Rd	Carlingford	2118	8812 5753
Epping Yoga Studio	15 Chelmsford Ave	Epping	2121	9868 3592
Fernwood Women's Health Club	495 Victoria Road	Ryde	2112	9817 3500
Fitness First North Ryde	Cnr Pittwater/Magdala Rd	North Ryde	2113	8873 1111
Gladesville Bowling & Sports Club	181a Ryde Rd	Gladesville	2111	9817 4601
Hawks Bowling Club - Ryde/ Eastwood Leagues	Cnr Second Ave and Young Pde	Eastwood	2122	9807 2444

Business	Address	Suburb	PC	Phone
Healthy Lifestyle, NSCCAHS	Locked Bag 2220	North Ryde	1670	8877 5300
Hunters Hill Club	14 Madeline St	Hunters Hill	2110	9817 3324
Hunters Hill Croquet Club Inc	PO Box 1013	Hunters Hill	2110	9816 5117
Inspirations Dance	Cnr Graf Ave & Chatham Road	West Ryde	2114	9808 5574 0421 878 329
Joseph Tam Tai Chi	6 Woodvale Avenue	North Epping	2121	9868 2578
Leisure Learning Centre	2 Dickson Ave	West Ryde	2112	9858 1377
MAASH Sports & Fitness	1 Trafalgar Place	Marsfield	2122	9868 1200
Macquarie Community College	263 Marsden Rd	Carlingford	2118	8845 8888
Macquarie University Sports Association	Cnr Culloden & Gymnasium Rds	Marsfield	2122	9850 9489
Natalie Shaw Feldenkrais Practitioner	10 Matthews Ave	Lane Cove	2066	0410 609 115
Next Generation Ryde	PO Box 3218	Putney	2112	9334 0000
Nirvana School of Yoga	40 Hancott St	Ryde	2112	9809 5618
Pilates 4 You	14 Allenby St	Clontarf	2093	9907 8478
Plus Fitness Health Clubs	Unit G, 22 College St	Gladesville	2111	9879 4122
Putney Physical Culture Club	186 Princes St	Putney	2112	9809 5452
Putney Tennyson Bowling & Community Club	PO Box 3293	Putney	2112	9807 4964
Ryde Aussi Masters Swimming (RAMS) Club	PO Box 1975	Castle Hill	1765	0438 783 859
Ryde City Bowling Club Co-op Ltd	11 Blaxland road	Ryde	2112	9809 3496
Ryde Ex-Services Memorial Bowling Club	724-730 Victoria Rd	Ryde	2112	9807 3344
Tai Chi Society	PO Box 185	North Sydney	2060	9954 7266
The Epping Health Club	45 Rawson St	Epping	2121	9876 4357
The Fitness Edge- Ryde Eastwood Leagues Club	117 Ryedale Rd	West Ryde	2114	9808 7633
Upperlimits Health & Fitness	Cnr Epping/Herring Rd	Epping	1710	9886 3640
Vince & Roz's Gym	37 Nancarrow Ave	Meadowbank	2114	9809 2271
Walking For Pleasure	Unit 45, 14 Vincenia St	Marsfield	2122	9878 2894
Walking For Pleasure	4/3 Luke St	Hunters Hill	2110	9817 5799
West Epping Panthers Women's/Mens Bowling Club	17 Mountain Street	Epping	2121	9868 1391

Exercise Type	Location	Organisation (See over for contact detail)
<b>Aerobics for the less fit or seniors</b>		
	Meadowbank	Vince & Roz's Gym
Body Balance, Step & Cycling Class	Marsfield	Macquarie University Sports Assn
Fitness in the Park	Carlingford	Macquarie Community College
	Marsfield	MAASH Sports & Fitness
Stretch & Tone	Lane Cove	Healthy Lifestyle
<b>Alexander Technique</b>		
Alexander Technique	Epping North, Lane Cove	Australian Society of Teachers of the Alexander Technique (AUSTAT)
General stretch class	West Ryde	Anne Finlay -Yoga Classes & Alexander
<b>Aerobics</b>		
	West Ryde	The Fitness Edge
	North Ryde	Upperlimits Health & Fitness

Stay on Your Feet, Ryde Health Promotion Unit. Ph: 9858 7973 or visit [www.healthpromotion.com.au](http://www.healthpromotion.com.au)

Exercise Type	Location	Organisation (contact details on reverse)
<b>Aqua Aerobics</b>		
	Ryde	Next Generation Ryde
	Carlingford	Macquarie Community College
	North Ryde	Upperlimits Health & Fitness
	Ryde	Ryde Aussi Masters Swimming Club
Warm Water & Aqua Fitness	Ryde	Healthy Lifestyle
<b>Croquet</b>		
	Hunters Hill	Hunters Hill Croquet Club Inc
<b>Dance</b>		
	Carlingford	Macquarie Community College
Dance therapy	Carlingford	Feldenkrais Method & Empowerment Dance
Ballroom	Ryde	Come Dancing
Various styles, levels, private	West Ryde	Inspirations Dance
Various styles	West Ryde, Nth Ryde, Eastwood, Carlingford	Leisure Learning Centre

Exercise Type	Location	Organisation (See over for contact details)
<b>General fitness (group classes)</b>		
	Gladesville	Plus Fitness Health Clubs
Fitness for older adults	Eastwood	Active Health Club
Super seniors class	North Ryde	Fitness First North Ryde
Body flow — using weights	Putney	Next Generation Ryde
Cardio & rehab classes	Meadowbank	Vince & Roz's Gym
Heart Moves	Marsfield	Macquarie University Sports Assn
Seniors class yoga based + low impact	Epping	The Epping Health Club
	Marsfield	MAASH Sports & Fitness
<b>Gentle Exercise</b>		
	North Ryde	Fitness First North Ryde
Body flow — using weights	Ryde	Next Generation Ryde
Cardio and Rehab Classes	Meadowbank	Vince & Roz's Gym
	Marsfield	Macquarie University Sports Assn
	Carlingford	Macquarie Community College
	Epping	The Epping Health Club
	Gladesville	Ageless & Fit
	West Ryde	The Fitness Edge
	Nth Ryde, Lane Cove, Eastwood, Marsfield	Healthy Lifestyle
	West Ryde, North Ryde, Eastwood, Carlingford	Leisure Learning Centre
<b>Lawn Bowls</b>		
	Eastwood	Hawks Bowling Club
	Hunters Hill	Hunters Hill Club
	Eastwood	Brush Park Bowling Club
	West Ryde	Denistone Sports Club
	Putney	Putney Tennyson Bowling Club
	Ryde	Ryde Ex-Services Memorial Bowling Club
	Denistone East	Denistone East Bowling & Recreation Club Ltd
	Gladesville	Gladesville Bowling & Sports Club
	Ryde	Ryde City Bowling Club Co-op Ltd
Women's & Men's Bowls	Epping	West Epping Panthers Bowling Club
<b>Personal Training</b>		
	Gladesville	Plus Fitness Health Clubs
	North Ryde	Active Health Club
	Ryde	Next Generation Ryde
	Gladesville	Ageless & Fit
	West Ryde	The Fitness Edge
	North Ryde	Upperlimits Health & Fitness
*	Ryde	Fernwood Women's Health Club
Cardio	Ryde	EFM Health Clubs
<b>Physical Culture</b>		
	Gladesville, North Ryde, Epping	Bjelke-Petersen School of Physical Culture
	Ryde	Putney Physical Culture Club
<b>Pilates</b>		
	Gladesville	Plus Fitness Health Clubs
	North Ryde	Fitness First North Ryde
	Ryde	Next Generation Ryde
	Meadowbank	Vince & Roz's Gym
	Marsfield	Macquarie University Sports Assn
	Carlingford	Macquarie Community College
	Epping, Gladesville, Hunters Hill,	Pilates 4 You
	Marsfield	MAASH Sports & Fitness
	West Ryde	The Fitness Edge
*	Ryde	Fernwood Women's Health Club
	Lane Cove	Natalie Shaw Feldenkrais Practitioner
	Nth Ryde	Healthy Lifestyle
<b>Strength &amp; Balance</b>		
	Gladesville	Plus Fitness Health Clubs
	North Ryde	Fitness First North Ryde
	Carlingford	Empowerment Dance & Feldenkrais Method
Falls prevention classes	Ryde	Healthy Lifestyle

Exercise Type	Location	Organisation (See over for contact details)
<b>Strength Training</b>		
* Aerobic+ flexibility + resistance	Epping/Nth Ryde	Contours Epping
* Cardiovascular circuit & low impact resistance training	Gladesville/Lane Cove/West Ryde/Epping	Curves Gladesville
	Gladesville	Plus Fitness Health Clubs
	North Ryde	Active Health Club
	North Ryde	Fitness First North Ryde
	Lane Cove, Ryde	Healthy Lifestyle
	Ryde	Next Generation Ryde
	Meadowbank	Vince & Roz's Gym
	Epping	The Epping Health Club
	Gladesville	Ageless & Fit
	Marsfield	MAASH Sports & Fitness
	West Ryde	The Fitness Edge
Strength training for seniors	North Ryde	Upperlimits Health & Fitness
*	Ryde	Fernwood Women's Health Club
	Ryde	EFM Health Clubs
<b>Table Tennis</b>		
	Marsfield	Macquarie University Sports Association
	Carlingford	Macquarie Community College
<b>Tai Chi</b>		
	North Ryde	Fitness First North Ryde
	North Ryde	Healthy Lifestyle
	Meadowbank	Vince & Roz's Gym
For over 50's	Marsfield	Macquarie University Sports Assn
	Burwood North/ East Ryde	Australian Academy of Tai Chi
	North Sydney	Tai Chi Society
	Carlingford	Macquarie Community College
	North Epping	Joseph Tam Tai Chi
	West Ryde/Nth Ryde/ Eastwood/Carlingford	Leisure Learning Centre
<b>Walking</b>		
	North Ryde	Active Health Club
	Meadowbank	Vince & Roz's Gym
	Carlingford	Macquarie Community College
	Ryde; Hunters Hill	Walking For Pleasure
	West Ryde, Nth Ryde, Eastwood/ Carlingford	Leisure Learning Centre
<b>Yoga</b>		
	Gladesville	Plus Fitness Health Clubs
	North Ryde	Fitness First North Ryde
	Meadowbank	Vince & Roz's Gym
	Marsfield	Macquarie University Sports Assn
	Carlingford	Macquarie Community College
	Epping	The Epping Health Club
	Epping	Epping Yoga Studio
	Ryde	Nirvana School of Yoga
	Marsfield	MAASH Sports & Fitness
	West Ryde	The Fitness Edge
	North Ryde	Upperlimits Health & Fitness
General Stretch class	West Ryde	Anne Finlay -Yoga & Alexander
	West Ryde, Nth Ryde, Eastwood, Carlingford	Leisure Learning Centre
*	Ryde	Fernwood Women's Health Club

**\* WOMEN ONLY**

**Please note:**

#The information in this directory aims to reasonably represent a range of physical activities available for older people in the Ryde – Hunters Hill local areas, and the organisations that provide them. It is recognised the list is not complete and the information provided is a guide only.

Users of the directory are responsible for making their own enquiries as to the suitability of the activities and organisations. The listing of activities and organisations in the directory does not reflect endorsement or recommendation by the Northern Sydney Central Coast Area Health Service or the Health Promotion Service. Information is subject to change without notice.

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