

Physical Activity Directory

Keeping fit and healthy is important for everyone. If you are over 50 maintaining or becoming physically active can increase your chances of leading an active, healthy and independent life.

For heart health, put together at least 30 minutes of moderate intensity physical activity on at least 5 days each week. Include a range of activities that build strength, balance and flexibility. Try and be active in as many ways as possible every day, and reduce prolonged sitting. Start out slowly and gradually build up the duration and intensity.

Don't forget to visit the NSW Health's Active and Healthy website at www.activeandhealthy.nsw.gov.au for other exercise programs near you.

Walking groups on the Central Coast can be found at http://www.healthpromotion.com.au/Documents/Falls/Central_Coast_walking_Groups.pdf

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

The information provided is correct as at **May 2018** and is subject to change without notice.

Suburb	Activity Description	Times	Organisation / Venue	Contact Person	Phone no
AQUA AEROBICS					
Gosford	Light	Wed 10.00am	Gosford 50+ Leisure & Learning Centre		4304 7065
Gosford	Active Over 50	Tue 8.30am	Gosford Pool		4304 7250
Toukley	Hydro Aqua	Mon/Thu 7.45am	Toukley Pool		4396 5373
Tuggerah	Over 50	Fri 12.30pm			4351 1533
Woy Woy	Lite 'n' Easy	Mon/Wed/Fri 12.30pm	Peninsular Pool		4325 8123
CYCLE CLUBS					
Gosford/Wyong	49-80 km	Sun 9.00am	Central Coast Touring cycle club 'Easy' Cctcc.org.au		
Kincumber	1 hour	Sat/Wed 8.30am	Fun in the Saddle-Living Choice	Roger	4369 4204
Norah Head	Coasters - 40 km	Fri 9.00am	Toukley & District Cycle Club toukleycycleclub.org.au	Anne	4397 2700
Toukley	Slow 40-50 km	Wed 9.30am	Toukley & District Cycle Club	Peter	43972700
Toukley	Fast 50-60 km	Wed 9.30am	Toukley & District Cycle Club	Peter	4397 2700

Toukley	40-45 km	Fri 9.00am	Toukley & District Cycle Club	Peter	43972700
	Central Coast Bicycle User Group (CCBUG)		Lead regular rides for beginners through to the more experienced, all over the Coast.	cbug.net	
DANCING					
Ettalong	Latin American	Tue 9.30am	Ettalong 50+ Leisure & Learning Centre		4304 7222
Ettalong	Line Dancing	Fri 9am	Ettalong 50+ Leisure & Learning Centre		4304 7222
Ettalong	New Vogue	Mon/Thu 9.00am	Ettalong 50+ Leisure & Learning Centre		4304 7222
Ettalong	Polynesian Dancing	Thu 12.00pm	Ettalong 50+ Leisure & Learning Centre		4304 7222
Gosford	Line Dancing	Wed 1.00pm	Gosford 50+ Leisure & Learning Citizens		4304 7065
Gosford	Ballroom	Every 2nd Fri 7.30pm	Gosford 50+ Leisure & Learning Citizens	Helen	0408 901 112
Lake Munmorah	Revision Dancing	Mon 9.00am	Lake Munmorah 50+ Leisure & Learning Centre	Betty	4358 8390 4358 1491
Long Jetty	Line Dancing	Tue 2.30pm	Over 50's Club for Leisure & Learning		4332 5522
Long Jetty	Dancing	Sat 12.30pm	Over 50's Club for Leisure & Learning		4332 5522
Terrigal	Line Dancing	Fri 11.00pm	Terrigal 50+ Leisure Learning Centre		4384 5152
Terrigal	Rock & Roll	Every 2nd Tue 12.00pm	Terrigal 50+ Leisure Learning Centre		4384 5152
Terrigal	Rock & Roll	2nd & 4th Thu 10.00am	Terrigal 50+ Leisure Learning Centre		4384 5152
Toukley	Line Dancing Intermediate	Mon/Wed 1.00pm	Toukley Senior Citizens		4396 5075
Toukley	Line Dancing beginners	Fri 9.30am	Toukley Senior Citizens		4396 5075
Woy Woy	Line Dancing	Wed 9.30am	CoastCommunity Connections		4341 9333
EXERCISES					
Bateau Bay	Gentle Exercise	Thu 3.30pm	Insight Exercise Physiology	Ingrid	0404 269 018
Budgewoi	Gentle Exercise	Tue/Thu 9.00am	Insight Exercise Physiology	Ingrid	0404 269 018
Doyalson	Gentle	Tue/Wed 10.00am			4390 6333
Doyalson	Gentle	Fri 10.30am			4390 6333
Erina	Gentle Exercise	Mon 11.00am	Insight Exercise Physiology	Ingrid	0404 269 018
Ettalong	Fitness class	Mon/Wed 1.00pm	Ettalong 50+ Leisure & Learning Centre		4304 7222
Ettalong	Move 'n' Groove	Mon 11.30am	Ettalong 50+ Leisure & Learning Centre		4304 7222
Gosford	Fitness	Wed 9.00am	Gosford 50+ Leisure & Learning Centre		4304 7065

Gwandalan	Mixed	Mon/Wed/Fri 8.00am		Russell	4976 1735
Kanwal	Gentle Exercise	Tue 12.30 pm	Insight Exercise Physiology	Ingrid	0404 269 018
Kincumber	Weight resistance	Mon/Wed 11.00am	Kincumber Gym		4368 1215
Kincumber	Cardio	Wed 8.00am	Kincumber Gym		4368 1215
Kincumber	Cardio	Fri 3.00pm	Kincumber Gym		4368 1215
Lake Haven	Group fitness	Mon/Tue/Wed Thu/Fri 8.30am	Central Coast Council		4392 7677
Lake Munmorah	Gentle & Pilates	Tue 9.30am	Lake Munmorah 50+ Leisure Learning Centre	Betty	4358 8390 4358 1491
Lake Munmorah	Gentle Exercise	Tue 10.45am	Insight Exercise Physiology	Ingrid	0404 269 018
Long Jetty	Easy Exercises	Tue 8.00am	Over 50's Club for Leisure & Learning		4332 5522
Long Jetty	Zumba Gold	Wed/Fri 11.00am	Over 50's Club for Leisure & Learning		4332 5522
Long Jetty	Gentle Exercise	Fri 9.30am	Over 50's Club for Leisure & Learning		4332 5522
Niagara Park	Gentle Exercise	Mon 9.15am	Insight Exercise Physiology	Ingrid	0404 269 018
Terrigal	Fitness	Mon/Fri 8.00am	Terrigal 50+ Leisure Learning Centre		4384 5152
Terrigal	Zumba Gold	Mon/Tue 2.30pm	Terrigal 50+ Leisure Learning Centre		4384 5152
Terrigal	Zumba	Thu 1.00pm	Terrigal 50+ Leisure Learning Centre		4384 5152
Terrigal	Exercise	Tue/Thu 7.30am	One Martial Arts	Jack	040394 4925
Terrigal	Muscle & bone strength	Mon/Wed/ Thu/ Fri 9.30am			0438 214 687
Toukley	Exercise Class	Tue/Fri 1.00pm	Toukley Senior Citizens		4396 5075
Toukley	Gentle Exercise	Thu 10.45am	Insight Exercise Physiology	Ingrid	0404 269 018
Toukley	Gentle Exercise	Tue/Fri 1.00pm			0409 121 837
Tuggerah	Gentle Exercise	Wed 10.30am	Insight Exercise Physiology	Ingrid	0404 269 018
Tuggerah		Wed 10.30am	Adssi		1300 578 478
West Gosford		Mon/Tue/Thu 9.00am			4324 5668
Woy Woy	Registrations essential	Tue 9.00am	Coast CanCare. Free for adults with cancer, carers, family & friends	Jane or Tia	4320 9855
Woy Woy	Gentle	Fri 8.30am	Peninsular Leisure Centre		4325 8123
Woy Woy	Zumba Gold	Mon/Fri 11.00am	Coast Community Connections		4341 9333
Woy Woy	Exercise & Dance	Wed 8.45am	Coast Community Connections		4341 9333

Woy Woy	Gentle Exercise	Mon 10.00am	Coast Community Connections		4341 9333
Wyong	Registrations essential	Fri 9.00am	Coast CanCare. Free for adults with cancer, carers, family & friends	Jane or Tia	4320 9855
INDOOR BOWLS					
Ettalong	Mixed	Mon/Tue/Wed/ Thu 9.00am	Ettalong 50+ Leisure & Leaning Centre		4304 7222
Gosford	Mixed	Tue 9.00am	Gosford 50+Leisure & Learning Centre		4304 7065
Gosford	Mixed	Fri 9.30am	Gosford 50+Leisure & Learning Centre		4304 7065
Lake Munmorah	Mixed	Thu 10.00am	Lake Munmorah 50+Leisure & Learning Centre	Betty	4358 8390 4358 1491
Long Jetty	Mixed	Wed/Thu/Fri 8.30am	Over 50's Club for Leisure & Learning		4332 5522
Long Jetty	Mixed	Sun 1.00pm	Over 50's Club for Leisure & Learning		4332 5522
Terrigal	Mixed	Wed 9.30am	Terrigal 50+ Leisure Learning Centre		4384 5152
Toukley	Mixed	Tue/Thu 9.00am	Toukley Senior Citizens		4396 5075
Woy Woy	Mixed	Mon/Wed/Fri 7.30am	Peninsular Leisure Centre		4325 8123
Woy Woy	Mixed	Tue/Thu 12.30pm	Peninsular Leisure Centre		4325 8123
STRENGTH TRAINING					
Woy Woy	Mixed	Mon/Wed/Fri 7.30am	Peninsular Leisure Centre		4325 8123
Woy Woy	Mixed	Tue/Thu 12.30pm	Peninsular Leisure Centre		4325 8123
TABLE TENNIS					
Ettalong		Wed 9.00am	Ettalong 50+ Leisure & Leaning Centre		4304 7222
Ettalong		Thu 1.15pm	Ettalong 50+ Leisure & Leaning Centre		4304 7222
Gosford		Mon/Fri 1.30pm	Gosford 50+ Leisure Learning Centre		4304 7065
Long Jetty		Mon 12.30pm	Over 50's Club for Leisure & Learning		4332 5522
Long Jetty		Mon/Thu 6.30pm	Over 50's Club for Leisure & Learning		4332 5522
Toukley		Mon 6pm	Toukley Senior Citizens		4396 5075
Toukley		Wed/Sun 8.00am	Toukley Senior Citizens		4396 5075
TAI CHI					
East Gosford		Fri 10.35am		Alain	0422 795 365
Empire Bay		Thu 9.15am		Alain	0422 795 365

Ettalong		Fri 2.00pm	Ettalong 50+ Leisure & Learning Centre		4304 7222
Gosford		Mon 12.15pm	Gosford 50+ Leisure	Gosford	
Gosford		Thu 1.30pm	Gosford 50+ Leisure Learning Centre		4304 7065
Gosford	Registrations essential	Mon 6.30pm	Coast CanCare. Free for adults with cancer, carers, family & friends	Jane or Tia	4320 9855
Lake Munmorah		Fri 10.30am	Lake Munmorah 50+ Leisure Learning Centre	Betty	4358 8390 4358 1491
Long Jetty	Beginners	Tue 1 pm	Over 50's Club for Leisure & Learning		4332 5522
Long Jetty	Beginners	Fri 12.30pm	Over 50's Club for Leisure & Learning		4332 5522
Long Jetty	Seniors	Fri 12.30pm	Over 50's Club for Leisure & Learning		4332 5522
Terrigal	Beginners	Fri 11.00am	Terrigal 50+ Leisure Learning Centre		4384 5152
Terrigal		Fri 1.00pm	Terrigal 50+ Leisure Learning Centre		4384 5152
Terrigal	Chair	Fri 2.30pm	Terrigal 50+ Leisure Learning Centre		4384 5152
Toukley		Mon/Thu 8.00am	Toukley Senior Citizens		4396 5075
Woy Woy	Beginners	Wed 10.00am	Coast Community Connections		4341 9333
Woy Woy		Fri 11.15am	Peninsular Leisure Centre		4325 8123
Wyong	Registrations essential	Wed 6.30pm	Coast CanCare. Free for adults with cancer, carers, family & friends	Jane or Tia	4320 9855
Wyongah		Tue 6.30pm		Lisa	4392 4526
YOGA					
Gosford	Chair	Tue 12.00pm	Gosford 50+ Leisure & Learning Centre		4304 7065
Gosford		Tue 2.00pm	Gosford 50+ Leisure & Learning Centre		4304 7065
Long Jetty		Wed 9.30am	Over 50's Club for Leisure & Learning		4332 5522
Lake Munmorah		Wed 3 pm	Lake Munmorah 50+ Leisure Learning Centre	Betty	4358 8390 4358 1491
Terrigal		Tue/Wed/Thu 8.00am	Terrigal 50+ Leisure Learning Centre		4384 5152
Terrigal		Fri 9.30am	Terrigal 50+ Leisure Learning Centre		4384 5152
Toukley		Mon/Thu 9.50am	Toukley Senior Citizens		4396 5075
Woy Woy		Mon/Thu 9.30am	Coast Community Connections		4341 9333