

HEALTH AND WELLNESS

MAXIMISING YOUR STRENGTH

NORTH

Heidelberg Olympic Leisure centre

Contact: Jodie or Paul (03) 9459 1193
Monday & Wednesday 11am

EAST

Ashburton Pool & Recreation Centre

Contact: Natalie or Alex (03) 9885 0333
Tuesday & Friday 11am

McAllisters Fitness, Blackburn

Contact: Danny (03) 9877 0572
Tuesday & Thursday 11am

Hawthorn Aquatic and Leisure Centre

Contact: Sue or Alan (03) 8862 9100
Friday 12noon

Richmond Recreation Centre

Younger persons group
Contact: Heather (03) 9205 5032 or 0417 507 535
Wednesday 11am & Saturday 1:00pm

Croydon Leisure & Aquatic Centre (*NEW)

Contact: (03) 9294 5508 or (03) 9294 5500
Wednesday 12am & Saturday 12pm

SOUTH

Cardinia-Casey Community Health Centre

Contact: Stacey or Daniel (03) 5990 6260

South Caulfield

Contact: Stef 0417 396 375
Wednesday & Friday 9am

Cheltenham

Contact: (03) 9559 7111
Friday 11am

Sunday 10:30am (Younger persons group)

Mornington & Hastings

Contact: Rosemarie (03) 5950 1560
Tuesday, Thursday 11am

NORTH/WEST

Brunswick YMCA

Contact: Kate Olsen/Reception (03) 9381 1840
Tuesday 10:30am

Coburg Leisure Centre

Contact: James (03) 9354 3504
Tuesday & Thursday 11am, Thursday 5:30pm

LODDON MALLEE

Swan Hill Physical Activity & Peer Support

Contact: Gayle (03) 9845 2700 or
Leisure centre on (03) 5032 5222

Friday 12 noon

BARWON SOUTH WESTERN

Belmont - St Lawrence HAWC

Contact: Nikky Jordan (03) 5241 0652
Tuesday & Thursday 11am, Saturday 10am

GIPPSLAND

Cowes YMCA & Wonthaggi Mitchell House (*NEW)

Contact: (03) 5952 6165, (03) 5672 3731

AQUA CLASSES (SWEAT)

NORTH

Eltham Leisure Centre

Contact: Pam (03) 9439 2266
Tuesday 1:45pm

EAST

Glen Waverley

Contact: Jan (03) 9561 2111
Wednesday 11am

Kilsyth

Contact: Bianca (03) 9725 9411
Thursday 12noon

Nunawading Aqualink

Contact: (03) 9878 4576
Monday 12noon

Ringwood Aquatic Centre

Contact: Maria (03) 9298 4520
Thursday 11am

WEST

Hoppers Crossing

Contact: Michelle (03) 9748 2555
Thursday 11am

SOUTH

Albert Park Melbourne Sports & Aquatic Centre

Contact: (03) 9926 1555
Friday 1:30pm

Cheltenham Waves Leisure Centre

Contact: Robyn (03) 9559 7111
Tuesday 11am

Hastings

Contact: Sue 1300 850 197
Wednesday 11am

Narre Warren

Contact: Pam (03) 9705 5070
Tuesday 11am

GRAMPIANS

Ballarat Aquatic Centre

Contact: Jackie (03) 5334 2499
Friday 10am

HUME

Kilmore Leisure Centre

Contact Kaye (03) 5782 1287
Thursday 1:45pm

Seymour Leisure Centre

Contact: Kaye (03) 5792 1912
Friday 10:30am

YOGA CLASSES

Nerve Centre Blackburn

Hatha Yoga

Contact: Megan Jones 0419 537 994
Monday 9:30am, Friday 9:45am

Malvern & Mt Waverley

Therapeutic Yoga

Contact: Jan Louis-Him 0431 931 964
Monday 12:30pm & Friday 10:30am

Tuerong in Mornington Peninsula

Contact: Jon Adams (03) 9845 2700

TAI CHI CLASSES

Nerve Centre Blackburn

Contact: Blackburn Reception 9845 2700 or
Konrad 0411 887 696

Monday 12:30pm

MYOTHERAPY

Nerve Centre Blackburn

Contact: Blackburn Reception 9845 2700
Therapist: Joelle Luxmoore

Friday 8:30-5:00pm, home visits are also available



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