

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 11:30am

SOUTH

Cardinia-Casey Community Health Centre

Contact: Jo or Daniel (03) 5990 6789

South Caulfield

Contact: Stef 0417 396 375

Wednesday & Friday 9am

Cheltenham (*NEW)

Contact: (03) 9559 7111

Friday 11am

Sunday 10:30am (Younger persons group)

Mornington & Hastings (*NEW)

Contact: Rosemarie (03) 5950 1560

Tuesday, Thursday 11am

WEST

Coburg Leisure Centre

Contact: James (03) 9354 3504

Tuesday & Thursday 11am, Thursday 5:30pm

LODDON MALLEE

Swan Hill Physical Activity & Peer Support (*NEW)

Contact: Gayle (03) 9845 2700 or

Leisure centre on (03) 5032 5222

Friday 12 noon

MAXIMISING YOUR STRENGTH CONTINUED

Barwon South Western

Belmont - St Lawrence HAWC (*NEW)

Contact: Nikky Jordan (03) 5241 0652

Tuesday & Thursday 11am, Saturday 10am

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

AQUA CLASSES CONTINUED

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 and 11:15am

Malvern & Mt Waverley

Therapeutic Yoga

Contact: Jan Louis-Him 0431 931 964

Monday 12:30pm & Friday 10:30am

Tuerong in Mornington Peninsula (*Starting soon)

Contact: Jon Adams (03) 9845 2700

Saturday

TAI CHI CLASSES

Nerve Centre Blackburn

Contact: Blackburn Reception 9845 2700 or

Konrad 0411 887 696

Instructor: Konrad Dorn

Monday 12:30pm

Ascot Vale Leisure Centre

Contact: James (03) 9357 3411

Saturday 2:30pm

MYOTHERAPY

Nerve Centre Blackburn

Contact: Blackburn Reception 9845 2700

Therapist: Joelle Luxmoore

Friday 8:30-4:30pm, home visits are also available



MS Australia – ACT/NSW/VIC

ABN: 66 004 982 287

MS Connect: 1800 042 138

www.mssociety.org.au

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