

# EXERCISE CLASSES FOR OLDER ADULTS

## CITY OF YARRA

Carlton, Carlton North, Fitzroy, Fitzroy North, Clifton Hill, Alphington, Collingwood, Richmond, Richmond North

<p><b>COTA; Living Longer Living Stronger</b></p>		<p><b>Gentle Exercise</b></p>	
<p><b>Water Exercise</b></p>		<p><b>Yoga and Tai Chi</b></p>	
<p><b>Walking Groups</b></p>		<p><b>Pilates</b></p>	

<b>TABLE OF CONTENTS</b>	
<b>Local Community Pools</b>	<b>3</b>
<b>Water Exercise</b>	<b>4</b>
<b>Living Longer Living Stronger</b>	<b>5</b>
<b>Gym with Weights</b>	<b>5</b>
<b>Pilates</b>	<b>6</b>
<b>Yoga</b>	<b>6</b>
<b>General Exercise</b>	<b>7</b>
<b>Tai Chi</b>	<b>8</b>
<b>Walking Groups</b>	<b>9</b>
<b>Senior Citizens</b>	<b>10</b>
<b>Chair Based Exercises</b>	<b>10</b>
<b>Other</b>	<b>11</b>

This Physical Activity Directory has been produced by the Foothold on Safety (6) Project funded by the Victorian Department of Human Services. The Foothold on Safety (6) Project is a strategy of the North Central Metropolitan Primary Care Partnership.





## Local Community Pools

**Richmond Recreational centre**  
Gleadell Street  
Richmond  
(03) 92055032  
Mel Ref 44F9

**Fitzroy Swimming Pool**  
Cnr. Alexander Pde. & Young St  
Fitzroy Vic 3065  
Phone (03) 9417 6493  
Mel Ref 2C,C5

**Melbourne City Baths**  
420 Swanton Street  
Melbourne 3000  
Phone (03) 9663 5888  
Fax (03) 9639 2048  
Mel Ref 43 H5

**Carlton City Baths**  
248 Rathdowne Street  
(03)93473 677  
Mel Ref 2BJ4

**Brunswick City Baths**  
14 Dawson Street  
Brunswick  
Phone (03) 93811840  
Mel Ref 29 F9

**Collingwood Leisure Centre**  
Cnr. of Hoddle & Turnbull St.,  
Clifton Hill  
Phone (03) 9205 5522  
Mel Ref 44 E1



## Water Exercise

<p>North Yarra Community Health, at Collingwood Leisure Centre. Turnbull Street, <b><u>Clifton Hill</u></b>. Friday groups at 2:30pm and 3:15pm Cost: pool entry Contact: physiotherapist 9411 4333</p>	<p>North Yarra Community Health <b>Women only</b> at City Baths, 420 Swanston Street. <b><u>Melbourne</u></b> Wednesdays, 1:15pm to 2:00pm Cost: \$3 Contact: Jess 9411 4333</p>	<p><b>Self Help</b> Water Exercise North Yarra Community Health Conducted by trained volunteer Collingwood Leisure Centre Turnbull St., <b><u>Clifton Hill</u></b> Tuesdays &amp; Thursdays 8.15 am Fee: Pool Entry Contact: Cynthia 9349 7333</p>
<p>Brunswick City Baths 14 Dawson Street, <b><u>Brunswick</u></b> Classes Monday - Friday Casual visit \$5.40 10 Pass Card \$47.20 Contact: 93811840</p>	<p>Self Help Water Exercise North Yarra Community Health Conducted by trained volunteer City Baths, 420 Swanston Street <b><u>Melbourne</u></b> Thursdays at 9.30am Cost: \$5 Contact Cynthia 9349 7333</p>	<p><b>Self Help</b> Water Exercise North Yarra Community Health Conducted by trained volunteer Royal Melbourne Hospital-Royal Park Campus, <b><u>Parkville</u></b> Mondays: 1pm Cost \$4 Contact: Cynthia 9349 7333</p>
<p>Collingwood Leisure Centre Turnbull Street, <b><u>Clifton Hill</u></b> Women Making Waves <b>Women only</b> aquatic program. Involves pool, spa, sauna water aerobics and swim lessons. Saturday evenings 6.30pm-8.30pm Contact: 9205 5522</p>	<p><b><u>Richmond</u></b> Recreational centre Gleadell St., Richmond North Richmond Community Health Centre <b>Chinese &amp; Vietnamese</b> Water aerobics Thurs 10.30-11.30am Monday 12.00-1pm Wed 12.00-1pm Cost: \$2.50 Contact: Lan 94295477</p>	<p><b><u>Collingwood and Richmond</u></b> Recreational Centres A range of water exercise groups and times. Collingwood: 92055522 Richmond: 92055032 Cost: swim \$2.50 Water aerobics \$6.10 <b><u>City Baths</u></b> Living Longer/Stronger classes Wednesday 10.30am Friday 9.30am Cost: \$47.5 per month \$7.80 per class Contact: 96635888</p>



## Living Longer Living Stronger Gym Programs / Pryme Movers

<p>Collingwood Leisure Centre, Turnbull St., <b>Clifton Hill</b> Monday, Wednesday, Friday 8 am COST: Initial consultation, \$30; and then \$47 per month or \$5 per session. Contact: Andrew 9205 5522</p>	<p><b>Melbourne</b> City Baths 420 Swanston St Tuesday 10 &amp; 11am Thursday 11am Cost: \$47.50 per month \$7.80 per session Contact: David 9663 5888</p>	<p>Northcote Aquatic &amp; Recreation Centre 180 Victoria Rd., <b>Northcote</b> Multiple morning sessions No joining fee \$41 per month \$4.90 per session Contact; Frances 94867200</p>	<p>Richmond Recreation Centre Gleadel St., <b>Richmond</b> Monday, Wednesday &amp; Friday am groups Cost: initial consult \$30 Then \$47 per month or \$5 per session Contact; 9205 5032</p>	<p>Carlton Baths 248 Rathdowne St., <b>Carlton</b></p> <ul style="list-style-type: none"> <li>• Stretch &amp; strengthen (yoga) Tuesday 10am</li> <li>• Low impact Wednesday 9.30am</li> <li>• Stretch/strengthen (Tai chi) Thursday 10am</li> <li>• Low impact Friday 9.30am</li> </ul> <p>Contact: 93473677 Cost \$5</p>
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## Gym and Weights

<p>All local Community pools have different sessions, both groups and individual. Phone numbers on page 3</p>	<p>North Yarra Community Health <b>Women</b> Community Gym <b>Collingwood</b> Housing Estate 253 Hoddle Street (Ground floor) Wednesdays 1-3 Contacts: Greg 9411 3555 Sharon 9411 4333 Gold coin donation</p>	<p>North Yarra Community Health Men Community Gym Collingwood <b>Housing Estate</b> <b>253 Hoddle Street (Ground floor)</b> Wednesdays 3-4 Contacts: Greg 9411 3555 Sharon 9411 4333 Gold coin donation</p>
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## Pilates

<p>Richmond Recreation Centre, Gleadell St., <b>Richmond</b>-9205 5032</p> <p>Fitzroy Swimming Pool, Alexandra Parade, <b>Fitzroy</b>-9417 6493</p> <p>Collingwood Leisure Centre Turnbull St, <b>Clifton Hill</b>-9205 5522</p> <p>Cost: \$136 per term Sessions daily at 7.30pm-8pm at each centre</p>	<p>Pilates For Adults Carlton Neighbourhood Learning Centre, 20 Princes St., <b>Carlton</b> 93472739 Cost \$120 for 10 sessions</p>	<p>Carlton Baths 248 Rathdowne St., <b>Carlton</b> Wednesday 8.30pm Cost: \$6.50 Contact: 93473677</p>	<p>Alphington Community Centre Alphington Bowling Club, Parkview Rd., <b>Alphington.</b> Monday 12-1pm Cost: \$10 Contact: 94997227</p>
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## Yoga

	<p>Simple Yoga North Yarra Community Health 622 Lygon St., <b>Carlton Nth.</b> 93497333 Cost: donation Contact: Cynthia 93497333</p>	<p>Burnley Neighbourhood Centre. 92-94 Lord Street, <b>Richmond.</b> Monday or Wednesday. \$8.00 per session (\$4.00 concession) Contact: 94289901</p>	<p>Finbar Neighbourhood House. 143 Kent Street, <b>Richmond.</b> 9428 7668 Monday 2.00 - 3.00pm Cost: \$7, \$4.50 concession Contact: 9428 7668</p>
<p><b>Alphington</b> Community Centre 2 Kelvin Rd., Alphington Tues 6.45-8pm, Wed 7am-8am, 6.45pm-8pm, 8pm-9.15pm Cost: \$12 Contact 94997227</p>	<p>Your Peace Within Northcote Town Hall 189 High St., <b>Northcote.</b> Tuesday, 6.30pm-8pm \$15 casual, 11 week term \$120 Contact; Kimberly 0432057374</p>	<p>City Baths 420 Swanston St <b>Melbourne</b> Monday &amp; Thursday 10am Cost: \$47.5 per month or \$7.80 per class Contact: 96635888</p>	



## General Exercise

<p>Yarra Health Services, 283 Church St., <b><u>Richmond</u></b></p> <p><u>Tuesday</u></p> <ul style="list-style-type: none"> <li>• Greek Class 9.30am-10.30am</li> <li>• Active exercises &amp; balance 9.15-10.30am</li> <li>• Less strenuous class 10.30-11.30am</li> </ul>	<p>Exercise-to-Music North Yarra Community Health, 75 Brunswick St, <b><u>Fitzroy</u></b> Monday 9am Cost: \$2 Contact Lisa 9411 3555</p>	<p><b>Alphington</b> Community Centre Thursdays, 9.15-10am &amp; 10.15-11am (Less challenging class &amp; taken by physiotherapist &amp; pilates teacher.) Fairfield Community Rooms Front of library 121 Station St., <b><u>Fairfield</u></b> Cost: \$5 Contact: 94997227</p>	<p>Gentle Exercise Holden Street Neighbourhood House 10 Salisbury Cres, <b><u>North Fitzroy</u></b> Fridays 3.00pm Free Contact 9489 9929.</p>	<p>Gentle Exercise Class: Finbar Neighbourhood House. 143 Kent Street, <b><u>Richmond.</u></b> Tuesdays &amp; Fridays Cost \$3.00 Contact: 9428 7668</p>
<p><u>Thursday</u></p> <ul style="list-style-type: none"> <li>• 9.15am-10.15am Active over 60`s</li> <li>• 11-12 midday. Strengthening group Cost: approx, \$3 Contact: Gabrielle 94209113</li> </ul>	<p>North Richmond Community Health Centre, 23 Lennox St., <b><u>Richmond</u></b> Mixed group, ages 40- 65 Thurs 2-3pm Cost: Gold Coin Donation Contact; 94295477</p>	<p><b>Indo-Chinese</b> Older Adult Health / Fitness / Self Help Group Open to men and women of Indo-Chinese background. Collingwood Leisure Centre Turnbull Street, <b><u>Clifton Hill</u></b> Monday &amp; Friday at 10am Cost: \$3.50 —includes access to spa and sauna Contact: 92055522</p>	<p>‘Getting Around Gracefully’ Feldenkrais lessons Exercise and balance Program for older people, Moreland Community Health Centre, 93 Bell St., <b><u>Coburg</u></b> Contact: Robert Webb 83197414</p>	<p>Moreland Community Health 11 Glenlyon Rd., <b><u>Brunswick.</u></b> Monday 9.30am- 10.30am Friday 10am Cost\$3.50 Contact; 93876711</p>



## Tai Chi

	<p>North Yarra Community Health, 622 Lygon St., <b>Carlton.</b> Tai Chi for Arthritis. Occasional courses throughout the year Cost: donation Contact: Cynthia 93497333</p>	<p>North Richmond Community health Centre 23 Lennox St., <b>Richmond</b> Thurs 1pm-2.30pm <b>Chinese &amp; Timorese</b> Contact; Isobel 94201317 North Richmond Community Health Centre</p>	<p>23 Lennox St., <b>Richmond</b> Friday 10.30-12.30 <b>Vietnamese &amp; Chinese Women</b> Small Cost for lunch. Contact: Lan 94201319</p>
<p>Australian Vietnamese Women's Welfare Assoc. 32 Lennox St <b>Richmond</b> Wednesday 10 am No cost Contact: Chi 9428 9078</p>	<p>Burnley Neighbourhood centre The Stables, Duke Street, <b>Richmond</b> Wednesday. Cost: \$5.00 Contact: Carol 9428 9901</p>	<p>Diverse Culture Group 45-minute session of Tai Chi and lunch. <b>Collingwood</b> Neighbourhood House, Ground floor, 253 Hoddle St. Tuesdays, 12 midday to 2pm Cost\$1 Contact: Bich 9411 4312 Or Nga 9417 4856</p>	<p>Alphington Community Centre 2, Kelvin Road, <b>Alphington</b> Saturdays 9.30-10.30am &amp;10.30-11.30am Cost: \$50 membership plus \$10 per class Contact: 9499 7227</p>



## Walking Groups

	<p>North Yarra Community Health          365 Hoddle St., <b><u>Collingwood</u></b>          Monday 9.30am          No cost          Contact: Sharon          94114333</p>	<p>North Yarra Community Health          622 Lygon Street  <b><u>North Carlton</u></b>, 3054          Wednesday 10am          No cost          Contact: Cynthia          9349 7333</p>	<p>Yarra Health Services          283 Church St., <b><u>Richmond</u></b>          Wednesday 9-10am          Contact: Gabrielle 94209113</p>
<p>Indo-Chinese Walking Group          Carlton Baths,          248 Rathdowne St., <b><u>Carlton</u></b>          Daily 7-8am          No cost          Contact; Bich 94114312          or Sinh 93474312</p>	<p>Morning Tea walk to Studley          Park Boathouse          Meet at Finbar Neighbourhood          House.          143 Kent St., <b><u>Richmond</u></b>          Thursday 9-11am.          No cost          Contact: 94287668</p>	<p>North Richmond Community          Health,          23 Lennox St., <b><u>Richmond</u></b>          Friday 10am-12 midday          Contact: Renee 94201323</p>	<p>University of the 3<sup>rd</sup> Age          Walking groups          Contact: 9415 1769          Membership\$30 annually  <b>Yarra River</b>, second and forth          Tuesdays of each Month:  <b>History Walks</b>, Collingwood          Historical Society 9201 1500,          East Melbourne Historical          Society 9417 2037</p>



## Senior Citizens

55+ Club (\$4 Lunch)  
 Carlton  
 188 Palmerston St  
**Carlton**

Exercise Machines, Pilates, Line Dancing, Indoor Bowls & more  
 Contact: Sandy 93477823

## Chair Based Exercises

	<p>North Richmond Community Health Centre          23 Lennox St., <b><u>Nth.Richmond.</u></b>  <b>Hakka</b> Speaking participants.          Friday 2-3.30          Cost: 50 cents          Contact: Renee Lee          94201323</p>	<p>Moreland Community Health Centre          11 Glenlyon Rd., Brunswick          Thursday 12 midday          Cost: \$3          Contact: Joseph 93554905</p>
<p>Willow View Day Centre          Daily, Next to <b><u>Collingwood</u></b> Town Hall          Only for people involved with centre.          Contact: Marilyn 92055276</p>	<p>Yarra Health Services          283 Church St., <b><u>Richmond</u></b>          Wednesday 11am          Cost: \$3          Contact: Gabrielle 94209113</p>	<p>Moreland Community Health Centre          Coburg site 93 Bell St., <b><u>Coburg</u></b>          Tuesday 10.00am &amp; 11.00am          Wednesday 10.30am &amp; 11,30am          Cost: \$2          Contact: Gayle 93504000</p>

<b>Other</b>	
<b><u>Bocce</u></b>	<p>Montemurro Bocce Club            North Carlton Railway Station,            20 Solly Avenue, <u>Princes Hill</u>            Contact: Neighbourhood House on 93806654            Sundays 12-6pm. No cost</p>
<b><u>Lawn Bowls</u></b>	<p><b>Alphington Park Bowling Club</b>            Parkview Rd., Alphington            Contact; 94992530  <b>Richmond Union Bowling Club</b>            333 Bridge Rd., Richmond            Contact: 94281951  <b>Fitzroy Bowling Club</b>            Edinburgh Gardens            Brunswick St., Nth. Fitzroy            Contact; 94813137</p>
<b><u>Goal 50+ Program</u></b>	<p>Managed by Yarra Leisure, this program provides social excursions and bush walks on a fortnightly basis to anyone aged 50+. Excursions include visits to museums, galleries and gardens in Melbourne and country areas. Contact Andrew Neid, Collingwood Leisure</p>
<b><u>Group Activities</u></b>	<p>Each week throughout the year, up to 600 senior residents come together in Yarra to share a meal, participate in physical activities, and socialise. The groups meet in various venues throughout Yarra in Halls, Community Houses, Church Buildings and Schools. Council provides transport for seniors living in the City of Yarra to attend such group activities.            For further information about activities for seniors please contact Access Yarra on 9205 5555</p>
<b><u>Ballroom Dancing</u></b>	<p>Wellington Community Centre, St. Josephs Parish, cnr Wellington &amp; Otter Sts.            Tuesdays, 12 – 1.30pm. No cost. Contact: 94869242</p>