

Our instructors are fully qualified and insured and have police clearance.

Our low cost classes will also provide you with a chance to meet up with old friends and make new friends.

*Pre-assessment with the trainer required. Cost \$40

Phone 8391 2747

Mount Barker Community Centre

Transport support may be available through the Hills Community Transport Program. Phone Mount Barker District Council on 8391 7200 for further information.

Exercise Classes

All abilities

Over 50s



Phone 8391 2747



Tuesdays

8.45am—9.45am: Strength for Life

Hahndorf Institute (59 Mount Barker Road)

Progressive strength training, using resistance under the supervision of fitness professionals. **(Pre-assessment required)*

11.30am—12.30pm: Chair-based Class

Mount Barker Community Centre

Easy Style chair-based exercise class to increase strength and challenge balance. This class is suitable for people who use walking sticks and walkers.

12.35—1.35pm: Strength for Life

Mount Barker Community Centre

Strength training, using resistance under the supervision of fitness professionals. **(Pre-assessment required)*

1.40pm – 2.40pm: Fit ‘n’ 50

Mount Barker Community Centre

This class caters for higher fitness levels with a combination of aerobic, strength, balance and co-ordination exercises.

2.50pm – 3.50pm: Maintenance and Progression

Mount Barker Community Centre

A focus on maintenance and progression of resistance (strength building and balancing) exercises, plus moderate aerobic.

Fridays

9.20am – 10.20am and 11.30am – 12.30am: Strength for Life

Mount Barker Community Centre

Participants in the Strength for Life program engage in progressive strength training, using appropriate and increasing resistance under the supervision of fitness professionals. **(Pre-assessment required)*

10.30am – 11.30am: Chair-based Class

Mount Barker Community Centre

Easy Style chair-based exercise classes to increase strength and challenge balance. This class is suitable for people who use walking sticks and walkers.

Benefits of Exercise

Research has shown that the right training can alleviate the effects of chronic conditions such as Arthritis, Type 2 Diabetes, Osteoporosis and Heart Disease. It can also

- improve balance and reduce risk of falling
- enhance mental wellbeing
- improve body composition (more muscle – less fat)
- raise self-esteem and self-confidence
- reduce lower back pain
- enhance older people's ability to undertake activities of daily living and maintain an independent lifestyle.