

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 may be required. Cost \$35

**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**



**MOUNT BARKER  
COMMUNITY CENTRE**

**Phone 8391 2747**



**MOUNT BARKER  
COMMUNITY CENTRE**

## 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.

### **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.

### **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: 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.

### **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.