

















Physical activity directory for adults 55+ living in Kiama

Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Aqua aerobics	Heartmoves class. A safe way to improve circulation, coordination, posture and tone the muscles.	Kiama	Kiama Leisure Centre, 1 Havilah Place 	Janet Poppett	02 4232 1877 kiamaalc@tpg.com.au
Aqua aerobics	A safe way to improve circulation, coordination and posture and tone and firm the muscles.	Kiama	Havilah Place  	Kiama Leisure Centre	02 4232 1877 kiamalc@tpg.com.au
Exercise	Heartmoves class for seniors, those unused to exercise or with cardiac/diabetic conditions.	Gerringong	Gerringong Town Hall, Fern St 	Janet Poppett	02 4232 1877 kiamalc@tpg.com.au
Exercise	A gentle exercise class to aid flexibility and fitness.	Kiama	Kiama Leagues Club, 109 Terralong St 	Beach Bodz	0428 712 421 beachbodz@optusnet.com.au

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Exercise	Heartmoves class for seniors, those unused to exercise or with cardiac/diabetic conditions.	Kiama	Kiama Leagues Club, 109 Terralong St 	Beach Bodz	0428 712 421 beachbodz@optusnet.com.au
Exercise	Very gentle exercise for seniors.	Kiama	Havilah Place  	Kiama Leisure Centre	02 4232 1877 kiamalc@tpg.com.au
Exercise	Heartmoves class for seniors, those unused to exercise or with cardiac/diabetic conditions	Kiama Downs	North Kiama Neighbourhood Centre	Janet Poppett	02 4232 1877 kiamalc@tpg.com.au
Pilates	Pilates builds the strength of the core muscles to keep you stable and strong.	Kiama	Kiama Leagues Club, 109 Terralong St 	Beach Bodz	0428 712 421 beachbodz@optusnet.com.au

Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Pilates	The program focuses on the core postural muscles that help keep the body balanced	Kiama	Havilah Place 	Kiama Leisure Centre	02 4232 1877 kiamalc@tpg.com.au
Strength training	Strength training uses small weights to build strength and fitness.	Kiama	Kiama Leagues Club, 109 Terralong St 	Beach Bodz	0428 712 421 beachbodz@optusnet.com.au
Strength training	30 minute circuit session targeting strength exercises. Women only.	Kiama	1/64 Manning St 	Curves Kiama	02 4233 2747
Strength training	Low intensity exercise program for overall body strength using light hand weights.	Kiama	Havilah Place 	Kiama Leisure Centre	02 4232 1877 kiamalc@tpg.com.au

Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Walking	2-3 hr walks for past and current Probus club members. Meet at Kiama Blowhole, bring lunch.	Kiama	Kiama area  	Kiama Mixed Probus Club	02 4232 1723
Walking	National Heart Foundation walking group - twice weekly at 8am.	Kiama	Kiama	Kiama Walking Group - Just Walk It	02 4233 1033
Walking	National Heart Foundation walking program. 45-60 minute walk at 8am.	Kiama Downs	Meahan Drive 	North Kiama Walking Group – Just Walk It	02 4233 1033 nknc@hotmail.com

Key:



- Indicates a bus stop within 10 minutes walk of venue



- Indicates a train stop within 10 minutes walk of venue

Disclaimer:

This list of exercise opportunities has been compiled by the Health Promotion Service at South Eastern Sydney and Illawarra Area Health Service and is designed to assist members of the public to identify opportunities for older people aged 55+ to be active. The list cannot include every opportunity in the community and many other suitable options may be available.

Inclusion of resources in this list does not imply recommendation by the South Eastern Sydney and Illawarra Area Health Service and readers should make their own decisions as to whether these options are appropriate for their particular needs. If in doubt ask your GP, consultant, physiotherapist or other health professional for advice.

However all entries do hold Public Liability and Professional Indemnity insurance cover.