



Physical activity directory for adults 55+ living in Milton/Ulladulla

Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Aqua aerobics	A safe way to improve your circulation, coordination, posture and tone the muscles.	Kioloa	Community Centre, O'Hara St	Anita Ashby	02 4457 3552 dafarm1218@hotmail.com
Aqua aerobics	Daily water based exercise classes for all ages.	Ulladulla	Cnr Green & Warden St	Ulladulla Leisure Centre	02 4455 3132 obrien@shoalhaven.nsw.gov.au
Aqua aerobics	Water exercise for seniors.	Ulladulla	Cnr Green & Warden St	Ulladulla Leisure Centre	02 4455 3132 obrien@shoalhaven.nsw.gov.au
Dancing	Social group. Everyone welcome to attend.	Milton	Anglican Church Hall, Princes Hwy 	Milton Line Dancing	02 4454 1183 dshadow@optusnet.com.au
Exercise	Heartmoves class suitable for seniors, those unused to exercise or with cardiac/diabetic conditions.	Kioloa	Community Centre, O'Hara St	Anita Ashby	02 4457 3552 dafarm1218@hotmail.com

Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Exercise	Heartmoves class for seniors, those unused to exercise or with cardiac/diabetic conditions.	Ulladulla	Catholic Church Hall, Green St	Patti Bartlett	02 4456 1394 pbartlett5@bigpond.com
Exercise	Heartmoves class for seniors, those unused to exercise or with cardiac/diabetic conditions.	Ulladulla	Seabreeze Village, Camden St	Patti Bartlett	02 4456 1394 pbartlett5@bigpond.com
Exercise	Regular exercise classes for all ages.	Ulladulla	Cnr Green & Warden St	Ulladulla Leisure Centre	02 4455 3132 obrienl@shoalhaven.nsw.gov.au
Exercise	Exercise class open to people over 55 years.	Ulladulla	Cnr Green & Warden St	Ulladulla Leisure Centre	02 4455 3132 obrienl@shoalhaven.nsw.gov.au
Pilates	Pilates classes for all ages.	Ulladulla	Cnr Green & Warden St	Ulladulla Leisure Centre	02 4455 3132 obrienl@shoalhaven.nsw.gov.au
Pilates	Pilates for seniors.	Ulladulla	Cnr Green & Warden St	Ulladulla Leisure Centre	02 4455 3132 obrienl@shoalhaven.nsw.gov.au
Strength training	Low intensity exercise program for body strength using light hand weights.	Kioloa	Community Centre, O'Hara St	Anita Ashby	02 4457 3552 dafarm1218@hotmail.com

Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Strength training	30 minute circuit session targeting strength exercises. Women only.	Ulladulla	Shop 14, 44 Deering St 	Curves Ulladulla	02 4455 7029
Strength training	Strength training for people 60 plus.	Ulladulla	Catholic Church Hall, Green St	Patti Bartlett	02 4456 1394 pbartlett5@bigpond.com
Strength training	Daily strength based exercise classes for all ages.	Ulladulla	Cnr Green & Warden St	Ulladulla Leisure Centre	02 4455 3132 obrienl@shoalhaven.nsw.gov.au
Strength training	Strength based exercise for seniors.	Ulladulla	Cnr Green & Warden St	Ulladulla Leisure Centre	02 4455 3132 obrienl@shoalhaven.nsw.gov.au

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.