






Physical activity directory for adults 55+ living in Nowra



Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Aqua aerobics	Aqua aerobics for everyone.	Bomaderry	Cambewarra Rd 	Bomaderry Aquatic Centre	02 4422 7744
Aqua aerobics	Improve your circulation, coordination & posture plus tone & firm muscles.	Sanctuary Point	12 Macleans Point Rd	Body Soul Fitness	02 4443 7597 pdal5506@optusnet.com.au
Aqua aerobics	Water-based exercise classes for all ages.	Vincentia	The Wool Rd	Bay and Basin Leisure Centre	02 4441 7722
Dancing	Line dancing class on Wednesday mornings.	Culburra	Culburra Community Centre, Culburra Rd	Culburra Senior Citizens	02 4447 2614
Dancing	Beginners class, not held during the school break.	Huskisson	336 Huskisson Rd	Huskisson Bowling Club	02 4441 5135 huskibowls@southernphone.com.au



Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Dancing	Friendly, social atmosphere. Non-threatening environment. All welcome.	St Georges Basin	St George's Basin Country Club, 11 Paradise Beach Rd 	Hot Tamales Bootscooters	02 4443 4845 carolford@aapt.net.au
Dancing	Square dancing is good fun and great exercise. Everyone welcome.	Wandandian	Wandandian Community Hall, Princes Highway	Sussex Shoalhaven Squares	02 4443 4436 sbjohnson@optusnet.com.au
Exercise	Weekly class, very gentle exercise for seniors.	Berry	Uniting Church Hall, 69 Albert St 	Take Heart Training	02 4447 8332 plcooper@iprimus.com.au
Exercise	Weekly class, very gentle exercise for seniors.	Callala Bay	Community Centre, 75 Boorawine Terrace	Take Heart Training	02 4447 8332 plcooper@iprimus.com.au
Exercise	A weekly exercise class open to all.	Culburra	Culburra Community Centre, Culburra Rd	Culburra Senior Citizens	02 4447 2614


Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Exercise	Men's exercise class.	Culburra	Culburra Community Centre, Culburra Rd	Culburra Senior Citizens	02 4447 2614
Exercise	Very gentle exercise for seniors.	Huskisson	64 Owen St	The Husky Body Shop	02 4441 6823 shirley@pineforest.com.au
Exercise	Heartmoves class for seniors, those unused to exercise or with cardiac/diabetic conditions.	Nowra	Shoalhaven Ex-servicemen's Club 	Elizabeth Priestly/Michelle Harris	02 4423 9288
Exercise	Heartmoves class for seniors, those unused to exercise or with cardiac/diabetic conditions.	Nowra	Level 1, 90 Kinghorne St 	The Firm Fitness Centre	02 4423 4334 camilla@firmfitness.com.au
Exercise	Very gentle exercise for seniors.	Nowra	16 Berry Street 	Workfit	02 4423 6716 office@workfitshoalhaven.com.au

Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Exercise	Heartmoves class for seniors, those unused to exercise or with cardiac/diabetic conditions.	Sanctuary Point	The Community Arts Centre	Penny Daley	02 4443 7597 pdal5506@optusnet.com.au
Exercise	Heartmoves class for seniors, those unused to exercise or with cardiac/diabetic conditions.	Sanctuary Point	The Community Arts Centre	Penny Daley - Gentle Fit	0413 993 782 pdal5506@optusnet.com.au
Exercise	Weekly class, very gentle exercise for seniors.	Shoalhaven Heads	Community Centre, Shoalhaven Heads Rd	Take Heart Training	02 4447 8332 plcooper@iprimus.com.au
Exercise	Daily exercise classes for all ages.	Vincentia	The Wool Rd	Bay and Basin Leisure Centre	02 4441 7722
Exercise	Heartmoves class for seniors, those unused to exercise or with cardiac/diabetic conditions.	Vincentia	Vincentia Baptist Church	Shirley Batchelor	02 4441 6823 shirley@pineforest.com.au

Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Exercise	Weekly class, very gentle exercise for seniors.	Vincentia	Community Centre, Cnr Wool Rd & St George Ave	Take Heart Training	02 4447 8332 plcooper@iprimus.com.au
Other	A gentle boxing class which will keep you on your toes!	Sanctuary Point	12 Macleans Point Rd	Body Soul Fitness	02 4443 7597 pdal5506@optusnet.com.au
Pilates	The program focuses on the core postural muscles that help keep the body balanced.	Huskisson	64 Owen St	The Husky Body Shop	02 4441 6823 shirley@pineforest.com.au
Pilates	Seniors classes. Pilates builds core muscle strength for health and fitness.	Nowra	Nowra 	Rhonda Tietzel	0410 612 995 rhocol@tsn.cc
Pilates	The program focuses on the core postural muscles that help keep the body balanced.	Nowra	Level 1, 90 Kinghorne St 	The Firm Fitness Centre	02 4423 4334 camilla@firmfitness.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.	Sanctuary Point	12 Macleans Point Rd	Body Soul Fitness	02 4443 7597 pdal5506@optusnet.com.au
Pilates	Pilates classes for all ages.	Vincentia	The Wool Rd	Bay and Basin Leisure Centre	02 4441 7722
Strength training	A low intensity exercise program for overall body strength using light hand weights.	Huskisson	64 Owen St	The Husky Body Shop	02 4441 6823 shirley@pineforest.com.au
Strength training	30 minute circuit session targeting strength exercises. Women only.	Nowra	45-53, Kinghorne St 	Curves Nowra	02 4423 5699
Strength training	Seniors classes use bar weights to build muscle strength and prevent osteoporosis.	Nowra	Central Nowra 	Rhonda Tietzel	0410 612 995 rhocol@tsn.cc

Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Strength training	Low intensity exercise program for overall body strength using light hand weights.	Nowra	Level 1, 90 Kinghorne St 	The Firm Fitness Centre	02 4423 4334 camilla@firmfitness.com.au
Strength training	30 minute circuit session targeting strength exercises. Women only.	Old Erowal Bay	4/6 Fitzpatrick St	Curves - Old Erowal Bay	02 4443 3604
Strength training	A low intensity exercise program for overall body strength using light hand weights.	Sanctuary Point	12 Macleans Point Rd	Body Soul Fitness	02 4443 7597 pdal5506@optusnet.com.au
Strength training	Daily strength based exercise classes for all ages.	Vincentia	The Wool Rd	Bay and Basin Leisure Centre	02 4441 7722
Tai Chi	Weekly class, helps with strength and balance.	Berry	School of Arts, Alexandra St 	Take Heart Training	02 4447 8332 plcooper@iprimus.com.au

Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Tai Chi	Weekly class. Helps with strength and balance.	Callala Bay	Community Centre, 75 Boorawine Terrace	Take Heart Training	02 4447 8332 plcooper@iprimus.com.au
Tai Chi	Weekly class. Helps with strength and balance.	Huskisson	Community Centre, Cnr Dent and Tomerong St	Take Heart Training	02 4447 8332 plcooper@iprimus.com.au
Tai Chi	Weekly class. Helps with strength and balance.	Nowra	Marriott Park Guide Hall	Take Heart Training	02 4447 8332 plcooper@iprimus.com.au
Tai Chi	Weekly Tai Chi classes for the general public.	Nowra	Level 1, 90 Kinghorne St 	The Firm Fitness Centre	02 4423 4334 camilla@firmfitness.com.au
Tai Chi	Uses slow controlled movements to improve balance and strength.	Sanctuary Point	12 Macleans Point Rd	Body Soul Fitness	02 4443 7597 pdal5506@optusnet.com.au
Tai Chi	Weekly class, helps with strength and balance.	Shoalhaven Heads	Surf Club	Take Heart Training	02 4447 8332 plcooper@iprimus.com.au

Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Tai Chi	Weekly class, helps with strength and balance.	Vincentia	Community Centre, Cnr Wool Rd and St George Ave	Take Heart Training	02 4447 8332 plcooper@iprimus.com.au
Walking	National Heart Foundation walking group - twice weekly at 8am.	Bomaderry	Bomaderry	Bomaderry Walking Group - Just Walk It	02 4233 1033
Walking	A National Heart Foundation weekly walking group for fun and fitness.	Kangaroo Valley	148 Moss Vale Rd (mail address)	Walkie Talkies	02 4465 2105
Walking	Walking is a great way to meet people and stay fit at the same time.	Sanctuary Point	12 Macleans Point Rd	Body Soul Fitness	02 4443 7597 pdal5506@optusnet.com.au
Walking	National Heart Foundation walking program. Starts at 8am.	Shoalhaven Heads	Shoalhaven Heads	Shoalhaven Heads Walking Group - Just Walk It	02 4233 1033
Yoga	A weekly yoga class.	Huskisson	Community Centre, Dent Street	Huskisson Community Centre	02 4443 4656

Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Yoga	Yoga for all ages.	Huskisson	64 Owen St	The Husky Body Shop	02 4441 6823 shirley@pineforest.com.au
Yoga	Yoga for all ages.	Sanctuary Point	12 Macleans Point Rd	Body Soul Fitness	02 4443 7597 pdal5506@optusnet.com.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.