























## Physical activity directory for adults 55+ living in the Randwick and Botany area






Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Aqua aerobics	Water based exercise for seniors.	Coogee	Coogee Randwick RSL Club 	Katherine Williamson	0416 001 739
Aqua aerobics	Aqua aerobic exercise program provided by trained leaders.	Maroubra	Cnr Jersey & Robey St 	Des Renford Aquatic Centre	02 9349 1106
Aqua aerobics	Gentle water exercise for frail and well older people in Eastern Sydney. Several venues.	Maroubra	Des Renford Aquatic Centre 	WAVES	02 9382 8080
Aqua aerobics	Gentle water exercise for frail and well older people in Eastern Sydney. Several venues.	Randwick	Prince of Wales Hospital 	WAVES	02 9382 8080






Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Dancing	Various dancing classes for the over 55s. Small membership fee plus low class fees.	Little Bay	Prince Henry Site, 1430 Anzac Pde 	Little Bay Coast Centre for Seniors	02 9311 4886 <a href="mailto:coord@coastcentre.org.au">coord@coastcentre.org.au</a>
Dancing	Old time dancing for fun and fitness.	Maroubra Beach	212-220 Marine Pde 	Maroubra Seals Sport & Community Club	02 9349 2299
Exercise	This early evening Heartmoves class is suitable for seniors, those unused to exercise or with a cardiac or diabetic condition.	Clovelly	Clovelly Child Care Centre, 40a Arden Street 	Joseph Sgro	02 9572 9290 0421 564 191
Exercise	Heartmoves class for seniors, those unused to exercise or with cardiac/diabetic conditions.	Coogee	Coogee Diggers Club, Carr & Byron Sts 	Sarah Kelso	0409 247 497 0409 247 497
Exercise	Exercise suitable for seniors.	Daceyville	Call for details 	AIM for Fitness	02 9382 8131 <a href="mailto:helen.pinnock@sesiahs.health.nsw.gov.au">helen.pinnock@sesiahs.health.nsw.gov.au</a>



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Exercise	Exercise suitable for seniors.	Daceyville	Call for details 	AIM for Fitness	02 9382 8131 <a href="mailto:helen.pinnock@sesiahs.health.nsw.gov.au">helen.pinnock@sesiahs.health.nsw.gov.au</a>
Exercise	55 Plus membership:\$10. Call Janet Hanscomb for details.	Eastlakes	Eastlakes Community Hall, Florence Ave 	55 Plus Network	02 9316 9029
Exercise	Men only, suitable for men over 65.	Eastlakes	Call for details 	AIM for Fitness	02 9382 8131 <a href="mailto:helen.pinnock@sesiahs.health.nsw.gov.au">helen.pinnock@sesiahs.health.nsw.gov.au</a>
Exercise	Women only, over 65. Tues – Thurs.	Eastlakes	Call for details 	AIM for Fitness	02 9382 8131 <a href="mailto:helen.pinnock@sesiahs.health.nsw.gov.au">helen.pinnock@sesiahs.health.nsw.gov.au</a>
Exercise	A light aerobic class with more advanced options available.	Kensington	115 Anzac Parade 	In Shape Health & Fitness Centre	02 9662 6154
Exercise	Gentle exercise for people over 55.	Kensington	UNSW, Cnr High & Anzac Pde 	UNSW Lifestyle Centre	02 9385 6035 <a href="mailto:c.whelton@unsw.edu.au">c.whelton@unsw.edu.au</a>
Exercise	Suitable for frail/older people.	Kingsford	Call for details 	AIM for Fitness	02 9382 8131 <a href="mailto:helen.pinnock@sesiahs.health.nsw.gov.au">helen.pinnock@sesiahs.health.nsw.gov.au</a>

Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Exercise	Seniors exercise classes for Club Members - fee covers access to classes, pool, steam room etc.	Kingsford	558A Anzac Pde 	South Juniors Intra-Clubs	02 9349 7555
Exercise	Weekly exercise class for the over 55s. Small membership fee plus low class fees.	Little Bay	Prince Henry Site, 1430 Anzac Pde 	Little Bay Coast Centre for Seniors	02 9311 4886 <a href="mailto:coord@coastcentre.org.au">coord@coastcentre.org.au</a>
Exercise	Chair based class for frail/older people.	Malabar	Call for details 	AIM for Fitness	02 9382 8131 <a href="mailto:helen.pinnock@sesiahs.health.nsw.gov.au">helen.pinnock@sesiahs.health.nsw.gov.au</a>
Exercise	For people over 65 years, suitable for all fitness levels.	Malabar	Call for details 	AIM for Fitness	02 9382 8131 <a href="mailto:helen.pinnock@sesiahs.health.nsw.gov.au">helen.pinnock@sesiahs.health.nsw.gov.au</a>
Exercise	Women only, suitable for women over 65.	Maroubra	Call for details 	AIM for Fitness	02 9382 8131 <a href="mailto:helen.pinnock@sesiahs.health.nsw.gov.au">helen.pinnock@sesiahs.health.nsw.gov.au</a>
Exercise	Women only exercise program.	Maroubra	930 Anzac Pde 	Just for Ladies Fitness	02 9314 3488 <a href="mailto:office@jflfitness.com.au">office@jflfitness.com.au</a>

Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Exercise	Suitable for frail/older people.	Maroubra Beach	Call for details 	AIM for Fitness	02 9382 8131 <a href="mailto:helen.pinnock@sesiahs.health.nsw.gov.au">helen.pinnock@sesiahs.health.nsw.gov.au</a>
Exercise	Suitable for older people. Men only, women only & mixed groups Women only groups and mixed groups.	Maroubra Junction	Call for details 	AIM for Fitness	02 9382 8131 <a href="mailto:helen.pinnock@sesiahs.health.nsw.gov.au">helen.pinnock@sesiahs.health.nsw.gov.au</a>
Exercise	Low impact class suitable for beginners and seniors. Everyone welcome.	Pagewood	152 Bunnerong Rd 	In Shape Health Club	02 9344 4855 <a href="mailto:eastgardens.manager@inshapehealthclubs.com.au">eastgardens.manager@inshapehealthclubs.com.au</a>
Exercise	Exercise group for Aboriginal seniors at varying fitness levels, including chair exercises. Transport available.	Phillip Bay	Matraville Baptist Church, 19 Yarra Bay Rd	Let's Get the Mob Moving	02 9382 8026
Exercise	Special exercise for men and women 50+ with osteoporosis. Seven classes; Mon-Fri.	Randwick	Call for details 	AIM for Fitness	02 9382 8131 <a href="mailto:helen.pinnock@sesiahs.health.nsw.gov.au">helen.pinnock@sesiahs.health.nsw.gov.au</a>

Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Exercise	Women only, suitable for women over 65. Classes Mon –Thurs.	Randwick	Call for details 	AIM for Fitness	02 9382 8131 <a href="mailto:helen.pinnock@sesiahs.health.nsw.gov.au">helen.pinnock@sesiahs.health.nsw.gov.au</a>
Exercise	Suitable for people with chronic health problems. Classes Mon- Fri.	Randwick	Call for details	AIM for Fitness	02 9382 8131 <a href="mailto:helen.pinnock@sesiahs.health.nsw.gov.au">helen.pinnock@sesiahs.health.nsw.gov.au</a>
Pilates	Women only Pilates class.	Maroubra	930 Anzac Pde 	Just for Ladies Fitness	02 9314 3488 <a href="mailto:office@jflfitness.com.au">office@jflfitness.com.au</a>
Strength training	Resistance training for older people of all fitness levels.	Daceyville	Call for details 	AIM for Fitness	02 9382 8131 <a href="mailto:helen.pinnock@sesiahs.health.nsw.gov.au">helen.pinnock@sesiahs.health.nsw.gov.au</a>
Strength training	Bonefit is an exercise program to build strong bones. Aimed at people over 55 years.	Kensington	UNSW, Cnr High and Anzac Pde 	UNSW Lifestyle Centre	02 9385 6035 <a href="mailto:c.whelton@unsw.edu.au">c.whelton@unsw.edu.au</a>
Strength training	Strength training for people over 55. People need to enrol in the class.	Kensington	UNSW, Cnr High and Anzac Pde 	UNSW Lifestyle Centre	02 9385 6035 <a href="mailto:c.whelton@unsw.edu.au">c.whelton@unsw.edu.au</a>

Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Strength training	30 minute circuit session targeting strength exercises. Women only.	Maroubra	Suite 2 Maroubra Court, 181-191 Maroubra Rd 	Curves Maroubra	02 9349 8800
Strength training	Women only strength class.	Maroubra	930 Anzac Pde 	Just for Ladies Fitness	02 9314 3488 <a href="mailto:office@jflfitness.com.au">office@jflfitness.com.au</a>
Strength training	30 minute circuit session targeting strength exercises. Women only.	Randwick	Shop 70b, Royal Randwick Centre, 73 Belmore Rd	Curves Randwick	02 9314 6076
Tai Chi	Weekly strength & balance class for the over 55s. Small membership fee plus low class fees.	Little Bay	Prince Henry Site, 1430 Anzac Pde 	Little Bay Coast Centre for Seniors	02 9311 4886 <a href="mailto:coord@coastcentre.org.au">coord@coastcentre.org.au</a>
Tai Chi	Women only, 65+. Tai Chi uses slow movements.	Malabar	Call for details 	AIM for Fitness	02 9382 8131 <a href="mailto:helen.pinnock@sesiahs.health.nsw.gov.au">helen.pinnock@sesiahs.health.nsw.gov.au</a>
Walking	55 Plus membership:\$10. Call Janet Hanscomb for details.	Eastlakes	Eastlakes Community Hall, Florence Ave 	55 Plus Network	02 9316 9029

Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Walking	Fortnightly walking group. Members must be over 55. Low annual membership fee.	Little Bay	Prince Henry Site, 1430 Anzac Pde 	Little Bay Coast Centre for Seniors	02 9311 4886 <a href="mailto:coord@coastcentre.org.au">coord@coastcentre.org.au</a>
Walking	A walking group for Koori people and friends.	Malabar	Call for details	East Coast Koori Walking Group	02 9382 8063
Walking	Daily walking - enjoy the exercise, the company and the scenery.	Maroubra	Cnr Jersey & Robey St 	Des Renford Aquatic Centre	02 9349 1106
Yoga	Modified program for people over 65 years.	Daceyville	Call for details	AIM for Fitness	02 9382 8131 <a href="mailto:helen.pinnock@sesiahs.health.nsw.gov.au">helen.pinnock@sesiahs.health.nsw.gov.au</a>

**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.