


















Physical activity directory for adults 55+ living in the Shellharbour area

Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Dancing	Tap dancing for all levels. Need to join U3A (\$20 Annual fee).	Oak Flats	Lutheran Church Hall, 47 Old Lake Entrance Rd 	Shellharbour University of the Third Age	02 4256 8228
Exercise	Specially for people over 50yrs. Can be adapted to suit all levels.	Albion Park	Albion Park Memorial Club, Flinders St 	Flex It For Life	0438 430 082
Exercise	Heartmoves class for seniors, those unused to exercise or with cardiac/diabetic conditions.	Shell Cove	Community Centre, Southern Cross Blvd/Hinchinbrook Dr 	Yvette Dale	02 4295 6545 hyperaqua@optusnet.com.au

Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Exercise	Heartmoves class for seniors, those unused to exercise or with cardiac/diabetic conditions.	Shellharbour	32 Addison St 	Fitness Express Shellharbour	02 4297 8444 fitnessexpress@bigpond.com.au
Exercise	Specially for people over 50years. Can be adapted to suit all levels.	Shellharbour	Shellharbour Workers Club, Wattle and Shell St 	Flex It For Life	0438 430 082
Exercise	Very gentle exercise for seniors.	Warilla	Warilla Senior Citizens Centre, Benaud Cres 	Warilla Senior Citizens	02 4228 3017
Exercise	Daily exercise classes for all ages.	Warilla	Jason Ave 	WBC Gymnasium	02 4297 0971 jackie@wbcsportsgym.com
Strength training	Low intensity program for overall body strength using light hand weights.	Shell Cove	Community Centre, Southern Cross Blvd/Hinchinbrook Dr 	Yvette Dale	02 4295 6545 hyperaqua@optusnet.com.au

Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Strength training	30 minute circuit session targeting strength exercises. Women only.	Shellharbour	5/ 6 Memorial Dr 	Curves Shellharbour	02 4296 9081
Strength training	Heartmoves class for seniors, those unused to exercise or with cardiac/diabetic conditions.	Shellharbour	32 Addison St 	Fitness Express Shellharbour	02 4297 8444 fitnessexpress@bigpond.com.au
Strength training	Daily strength based exercise classes for all ages.	Warilla	Jason Ave 	WBC Gymnasium	02 4297 0971 jackie@wbcportsgym.com
Strength training	Low intensity program for overall body strength using light hand weights. Open to Aboriginal women.	Warilla	Warilla Women's Centre, Belfast Ave 	Yvette Dale	02 4295 6545 hyperaqua@optusnet.com.au
Tai Chi	Tai Chi suitable for all levels of participants.	Albion Park	Community Centre, Russell St 	Australian Academy of Tai Chi	02 4261 5786

Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Tai Chi	Breathing, meditation, posture and relaxation. Need to join U3A (\$20 Annual fee).	Oak Flats	Lutheran Church Hall, 47 Old Lake Entrance Rd 	Shellharbour University of the Third Age	02 4256 8228
Walking	National Heart Foundation walking program. 45 minute walk.	Oak Flats	Oak Flats Esplanade Ski Park 	Oak Flats Walking Group	02 4297 6542
Walking	Breathing, meditation, posture and relaxation. Need to join U3A (\$20 annual fee).	Oak Flats	Lutheran Church Hall, 47 Old Lake Entrance Rd 	Shellharbour University of the Third Age	02 4256 8228
Yoga	Need to join U3A to attend (\$20 annual fee).	Oak Flats	Lutheran Church Hall, 47 Old Lake Entrance Rd 	Shellharbour University of the Third Age	02 4256 8228

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.