




























Physical activity directory for adults 55+ living in the St George area



Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Aqua aerobics	Daytime class for people who have had physio or rehabilitation and/or have arthritis.	Kogarah	St George Hospital Hydrotherapy Pool, South St 	SHARE	02 9533 4422 admin_share@iprimus.com.au
Dancing	Square dancing is fun and great exercise too. All welcome.	Beverly Hills	Scout Hall, Corner Morgan and Cahill St  	Wandering Stars Square Dance Club	02 9798 9374
Dancing	The style of dance is swing. Suitable for all ages.	Brighton Le Sands	Brighton Le Sands Bowling Club, Francis St  	Swing Catz Dance School	02 9604 8747




Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Dancing	Progressive dancing including new vogue and old time. Friday 1-3 pm. Call Dennis for details.	Hurstville	Queens Rd 	Hurstville Senior Citizens Centre	0407 909 302 vfield@hurstville.nsw.gov.au
Dancing	Dance class includes Latin dancing. Access to the studio involves using stairs.	Kogarah	142 Railway Pde 	St George Dance Centre	02 9587 9583
Dancing	Enjoyable exercise for all ages. Good for body and mind.	Mortdale	Pensioners Hall, 76 Pitt St  	St George Line Dancing	02 9533 2773 normahull@bigpond.com
Dancing	Advanced class for square and round dancing.	Sans Souci	Sans Souci Public School, Endeavour St 	The Red Barons Square & Round Dancing	02 4229 4059 bwonson@yesreally.com
Exercise	Lite & Low is a choreographed routine at moderate pace.	Beverly Hills	St Bedes Church Hall, 121 Morgan St	SHARE	02 9533 4422 admin_share@iprimus.com.au







Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Exercise	Heartmoves class suitable for seniors, those unused to exercise or with cardiac/diabetic conditions.	Brighton Le Sands	Novotel Hotel The Grand Parade 	Revive Day Spa and Health Centre	02 9567 6133
Exercise	Gentle exercise for seniors. Bring a large towel and/or exercise mat.	Hurstville	Cnr of Forest & King Georges Rd, Hurstville  	Hurstville Aquatic Centre	02 9585 9600 hurstville.inshape@leisureco.com.au
Exercise	Heartmoves class for seniors, those unused to exercise or with cardiac/diabetic conditions.	Hurstville	Cnr of Forest & King Georges Rd, Hurstville  	Hurstville Aquatic Centre	02 9585 9600 hurstville.inshape@leisureco.com.au
Exercise	Provides some assisted chair exercises.	Hurstville	Woodville Rd  	Illawarra Catholic Club	02 9570 3355 mveloz@icc.org.au
Exercise	Lite & Low is a choreographed routine at moderate pace.	Hurstville	Hurstville Scout Hall, 116 Durham St	SHARE	02 9533 4422 admin_share@iprimus.com.au


Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Exercise	Gentle exercise class with relaxation. Bring a towel or mat. Also education and social activities.	Kogarah	St George Leagues Club 	Osteoporosis Sydney Support Group	02 9350 2909 antoservices@optusnet.com.au
Exercise	1.5 hr class. Lite & Low is a choreographed routine at moderate pace.	Narwee	Australian Air League, 7 Byrant St	SHARE	02 9533 4422 admin_share@iprimus.com.au
Exercise	Exercise for all ages.	Oatley	Lot 1, Boundary Rd 	Bodyhealth Fitness Centre	02 9580 8856 bodyhealth@optusnet.com.au
Exercise	A weekly exercise class for the over 55s.	Penshurst	23 St Georges Rd 	Pole Depot Neighbourhood Centre	02 9580 0688
Exercise	Weekly exercise classes for all ages.	Ramsgate	332 Rocky Point Rd 	Innovative Fitness	02 9529 5300 anissa@amaze.net.au








Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Exercise	Gentle exercise for seniors. Contact Ramsgate RSL for more information.	Ramsgate	Ramsgate RSL 	Ramsgate RSL - Exercise for Seniors	02 9529 7916
Exercise	Gentle exercise class runs twice weekly, open to people 55 years or over.	Ramsgate	382 Rocky Point Rd 	Ramsgate Senior Citizens Centre	02 9529 6622
Exercise	Weekly exercise class open to all.	Rockdale	Uniting Church, 3-5 Bay St  	Rockdale Adult Leisure Learning	02 9567 8082
Pilates	Pilates focuses on the core postural muscles that help keep the body balanced.	Hurstville	Cnr of Forest & King Georges Rd, Hurstville 	Hurstville Aquatic Centre	02 9585 9600 hurstville.inshape@leisureco.com.au
Pilates	Regular Pilates classes.	Oatley	Lot 1, Boundary Rd 	Bodyhealth Fitness Centre	02 9580 8856 bodyhealth@optusnet.com.au










Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Strength training	1.5 hr class. Improves balance, strength and flexibility. Good for people with osteoporosis.	Beverly Hills	St Bede's Church Hall, 121 Morgan St	SHARE	02 9533 4422 admin_share@iprimus.com.au
Strength training	Daytime resistance training program aimed at older adults.	Blakehurst	Baptist Church, Cnr Wentworth Ave & Lynham St 	Strengthening For Over 60s	02 9350 1397
Strength training	Living Longer Living Stronger: strength training for people over 50 - improves strength, balance and bone density. One off fee of \$55, then \$5.50 per session. Includes use of aqua & spa.	Brighton Le Sands	Novotel Hotel The Grand Parade 	Revive Day Spa and Health Centre	02 9567 6133
Strength training	1.5 hr class. Improves balance, strength and flexibility. Good for people with osteoporosis.	Hurstville	Hurstville Boys High School, Kenwyn St	SHARE	02 9533 4422 admin_share@iprimus.com.au










Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Strength training	Great for beginners. Stretch bands used. Join in using a chair.	Hurstville	Hurstville Scout Hall, 116 Durham St	SHARE	02 9533 4422 admin_share@iprimus.com.au
Strength training	Daytime resistance training program aimed at older adults.	Hurstville	Hurstville Salvation Army, Cnr Dora & Bond St 	Strengthening For Over 60s	02 9350 1397
Strength training	Resistance class at two levels. Builds strong muscles & bones. Also education and social activities.	Kogarah	St George Leagues Club 	Osteoporosis Sydney Support Group	02 9350 2909 antoservices@optusnet.com.au
Strength training	Improves balance, strength and flexibility. Good for people with osteoporosis.	Kogarah	The Storehouse, 16 Gray St	SHARE	02 9533 4422 admin_share@iprimus.com.au
Strength training	Daytime resistance training program aimed at older adults.	Kogarah	Kogarah RSL Club, Railway Pde 	Strengthening For Over 60s	02 9350 1397






Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Strength training	Daily strength based exercise classes for all ages.	Oatley	Lot 1, Boundary Rd 	Bodyhealth Fitness Centre	02 9580 8856 bodyhealth@optusnet.com.au
Strength training	Daytime class good for beginners. Focuses on flexibility and balance using stretch bands.	Oatley	Oatley RSL Club, Letitia St	SHARE	02 9533 4422 admin_share@iprimus.com.au
Strength training	Daytime resistance training program aimed at older adults.	Oatley	Mortdale/Oatley Baptist Church, 1-5 Woronora Pde  	Strengthening For Over 60s	02 9350 1397
Strength training	Daytime resistance training program aimed at older adults.	Oatley	Oatley RSL Club, Letitia St  	Strengthening For Over 60s	02 9350 1397
Strength training	Daytime resistance training program aimed at older adults.	Peakhurst	Grandviews Club Peakhurst, Forest Rd 	Strengthening For Over 60s	02 9350 1397

Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Strength training	Improves balance, strength and flexibility. Good for people with osteoporosis.	Peakhurst South	St Matthews Church Hall, Whitegates Ave	SHARE	02 9533 4422 admin_share@iprimus.com.au
Strength training	30 minute circuit session targeting strength exercises. Women only.	Penshurst	11 Bridge St	Curves Penshurst	02 9570 4800
Strength training	Improves balance, strength and flexibility. Good for people with osteoporosis.	Penshurst	Penshurst Presbyterian Church, 118 Penhurst St	SHARE	02 9533 4422 admin_share@iprimus.com.au
Strength training	1.5 hr class. Improves balance, strength and flexibility. Good for people with osteoporosis.	Penshurst	Penshurst RSL, 58a Penshurst St	SHARE	02 9533 4422 admin_share@iprimus.com.au
Strength training	Weekly strength based exercise classes for all ages.	Ramsgate	332 Rocky Point Rd 	Innovative Fitness	02 9529 5300 anissa@amaze.net.au

Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Strength training	Daytime resistance training program aimed at older adults.	Ramsgate	Ramsgate RSL Club, Chuter Ave 	Strengthening For Over 60s	02 9350 1397
Strength training	30 minute circuit session targeting strength exercises. Women only.	Ramsgate Beach	191-201 Ramsgate Rd 	Curves Ramsgate	02 9583 2471
Tai Chi	Tai Chi suitable for all levels of participants.	Hurstville	St Marks Anglican Church, Grosvenor St & The Mall  	Australian Academy of Tai Chi	02 9797 9355
Tai Chi	Weekly Tai Chi class for people over 18 years of age.	Hurstville	Salvation Army Centre, Cnr Dora & Bond St  	Hurstville Adult Leisure Learning	02 9150 6153
Tai Chi	Weekly Tai Chi class for strength and balance	Hurstville	Cnr of Forest & King Georges Rd 	Hurstville Aquatic Centre	02 9585 9600 hurstville.inshape@leisureco.com.au

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Tai Chi	Suitable for people with arthritis. Beginner/Intermediate class.	Hurstville	Salvation Army Meeting Room, Cnr Bond and Dora St	SHARE	02 9533 4422 admin_share@iprimus.com.au
Tai Chi	Tai Chi suitable for all levels.	Mortdale	Uniting Church Hall, Morts Rd  	Georges River Community Service	02 9579 6322
Tai Chi	Open to people 55 years or over.	Ramsgate	382 Rocky Point Rd 	Ramsgate Senior Citizens Centre	02 9529 6622
Tai Chi	Tai Chi classes for beginners, intermediate and advanced.	Riverwood	151 North Belmore Rd  	Riverwood Community Centre	02 9533 0100
Tai Chi	All levels including Tai Chi for arthritis.	Rockdale	Uniting Church, 3-5 Bay St  	Rockdale Adult Leisure Learning	02 9567 8082
Walking	Walking groups for beginners and regular walkers. Tues/Thurs evening & Sat morning.	Mortdale	23 Beaumaris Cres  	Peaky Striders Incorporated	02 9579 4484 peaky_47@optusnet.com.au

Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Walking	Walking group. Meets every Wed morning between 8-8.30am.	Penshurst	23 St Georges Rd  	Pole Depot Neighbourhood Centre	02 9580 0688
Walking	Walking groups at Ramsgate/Sans Souci on Wed evenings, Penshurst on Wed mornings.	Penshurst	23 St Georges Rd  	Pole Depot Neighbourhood Centre	02 9580 0688
Walking	National Heart Foundation walking program. 6-8 km walk.	Penshurst	Call for details  	Sutherland Strollers	02 9521 8058
Walking	Twilight walking group. Meets outside Ramsgate Coles.	Ramsgate	Near Coles, Ramsgate 	Pole Depot Neighbourhood Centre	02 9580 0688
Yoga	Yoga classes offered at the Leisure Centre a few times a week.	Hurstville	Cnr of Forest & King Georges Rd, Hurstville 	Hurstville Aquatic Centre	02 9585 9600 hurstville.inshape@leisureco.com.au
Yoga	A women only yoga class offered by the Endeavour Region U3A. Small annual fee.	Hurstville	Queens Rd 	Hurstville Senior Citizen's Centre	02 9543 0809 vfield@hurstville.nsw.gov.au

Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Yoga	Gentle yoga class with relaxation. Bring a towel or mat. Also education and social activities.	Kogarah	St George Leagues Club 	Osteoporosis Sydney Support Group	02 9350 2909 antoservices@optusnet.com.au
Yoga	Weekly yoga class.	Oatley	Lot 1, Boundary Rd 	Bodyhealth Fitness Centre	02 9580 8856 bodyhealth@optusnet.com.au
Yoga	Open to people 55 years or over.	Ramsgate	382 Rocky Point Rd 	Ramsgate Senior Citizens Centre	02 9529 6622
Yoga	A yoga class open to all.	Rockdale	Uniting Church, 3-5 Bay St  	Rockdale Adult Leisure Learning	02 9567 8082

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.