























## Physical activity directory for adults 55+ living in the Sutherland Shire



Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Aerobics	Aqua aerobics for older adults.	Caringbah	240 Burraneer Bay Rd	Burraneer Bay Swim & Fitness Centre	02 9524 8280
Aqua aerobics	Aqua aerobics for everyone.	Caringbah	9 Jacaranda Rd 	Caringbah Leisure Centre	02 9525 6777
Aqua aerobics	Beneficial aqua class for those with raised BP, arthritis, injury rehabilitation.	Engadine	Anzac Ave 	Engadine Leisure Centre	02 8536 9708
Aqua aerobics	A water exercise class in a small heated pool.	Engadine	62A Anzac Ave 	Engadine Squash & Swim Centre	02 9520 9938




Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Aqua aerobics	Various classes including seniors and gentle aqua.	Sutherland	Rawson Ave 	Sutherland Leisure Centre	02 9545 2400 <a href="mailto:kdenny@ssc.nsw.gov.au">kdenny@ssc.nsw.gov.au</a>
Aqua aerobics	Heartmoves aqua class for seniors, those unused to exercise or with cardiac/diabetic conditions.	Taren Point	Woolooware Shores, 2 Alexandra Ave	Donna Coffey	02 9520 0087 0432 530 298
Dancing	Gentle exercise, lots of fun. You don't need a partner. Everyone welcome.	Como West	Guides Hall, Cnr Mulyan & Warraba St 	Sutherland Shire Folk Dance Group	02 9528 4813 <a href="mailto:okaye@optusnet.com.au">okaye@optusnet.com.au</a>
Dancing	Beginners gentle exercise classes for arthritis. Call Faye Green for information.	GyMEA	GyMEA Community Centre 	Fun and Fitness	02 9521 6575
Dancing		GyMEA	39 GyMEA Bay Rd 	GyMEA Community Centre	02 9521 6575





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Dancing	Gentle exercise, lots of fun. You don't need a partner. Everyone welcome.	Gymea	Gymea Scout Hall, June Pl 	Sutherland Shire Folk Dance Group	02 9528 4813 <a href="mailto:okaye@optusnet.com.au">okaye@optusnet.com.au</a>
Dancing	Suitable for beginners of all ages.	Menai	Shop 6, 62 Coachwood Cres 	Menai Dance Centre	02 9543 8311 <a href="mailto:admin@menaidancingcentre.com.au">admin@menaidancingcentre.com.au</a>
Dancing	Dancing for women over 50 years of age.	Sutherland	749 Old Princes Hwy  	Older Women's Network	02 9526 5746 <a href="mailto:pdonaghy@aapt.net.au">pdonaghy@aapt.net.au</a>
Dancing	Social round dancing group. Beginners welcome.	Sylvania Heights	Sylvania Heights Public School, Venetia St	Sunset Rounds	02 9522 7307
Exercise	Daily strength based exercise classes for all ages.	Cronulla	71-73 Cronulla St Mall  	Cronulla Fitness	02 9544 1944

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Exercise	Heartmoves class for seniors, those unused to exercise or with cardiac/diabetic conditions.	Cronulla	Cronulla Physiotherapy, Wilbur Ave 	Donna Coffey	02 9520 0087 0432 530 298
Exercise	Gentle exercise for seniors, beginners or those recovering from injury or illness.	Engadine	Anzac Avenue 	Engadine Leisure Centre	02 8536 9708
Exercise	An exercise class open to all.	Engadine	62A Anzac Ave  	Engadine Squash & Swim Centre	02 9520 9938
Exercise	Heartmoves class for seniors, those unused to exercise or with cardiac/diabetic conditions.	Heathcote	Heathcote Scout Hall, Oliver St 	Donna Coffey	02 9520 0087 0432 530 298
Exercise	Regular exercise classes for all ages.	Illawong	25 Thompson Ave 	Lifestyle Change Australia	02 9541 4276 <a href="mailto:nmitropo@bigpond.net.au">nmitropo@bigpond.net.au</a>



Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Exercise	Low impact class - includes strength training, balance & coordination. No contracts.	Jannali	Cnr Jannali Avenue & Mary St 	T.C. Fitness	02 9543 1127 <a href="mailto:tcfitness@iprimus.com.au">tcfitness@iprimus.com.au</a>
Exercise	Heartmoves class for seniors, those unused to exercise or with cardiac/diabetic conditions.	Loftus	Loftus TAFE, Rawson Ave 	Brad Marshall & Karen McLaren	02 9710 5943 <a href="mailto:brad.marshall@tafensw.edu.au">brad.marshall@tafensw.edu.au</a>
Exercise	Heartmoves gym class seniors, those unused to exercise or with cardiac/diabetic conditions.	Miranda	Fitness Firm Gym, Kiora Mall, Central Ave 	Donna Coffey	02 9520 0087 0432 530 298
Exercise	Heartmoves class for seniors, those unused to exercise or with cardiac/diabetic conditions.	Sutherland	Sutherland United Services Club, East Pde	Donna Coffey	02 9520 0087 0432 530 298
Exercise	Exercise for women over 50 years of age.	Sutherland	749 Old Princes Hwy 	Older Women's Network	02 9526 5746 <a href="mailto:pdonaghy@aapt.net.au">pdonaghy@aapt.net.au</a>





Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Exercise	Gentle exercise class with relaxation. Bring a towel or mat. Also education and social activities.	Sutherland	Sutherland Shire Sports Physiotherapy 	Osteoporosis Sydney Support Group	02 9350 2909 <a href="mailto:antoservices@optusnet.com.au">antoservices@optusnet.com.au</a>
Exercise	Various programs for seniors including low impact aerobics and gentle spin (stationary cycle).	Sutherland	Rawson Ave 	Sutherland Leisure Centre	02 9545 2400 <a href="mailto:kdenny@ssc.nsw.gov.au">kdenny@ssc.nsw.gov.au</a>
Exercise	Heartmoves class - low to moderate exercise safe for older people unused to exercise or those with cardiac or diabetic conditions.	Taren Point	Woolooware Shores, 2 Alexander Ave	Donna Coffey	02 9520 0087 0432 530 298
Exercise	Lite & Low is a choreographed routine at moderate pace.	Yarrawarra	Yarrawarra Community Centre, Old Bush Rd	SHARE	02 9533 4422 <a href="mailto:admin_share@iprimus.com.au">admin_share@iprimus.com.au</a>
Pilates	Pilates improves core muscles for strength & flexibility.	Engadine	Anzac Avenue	Engadine Leisure Centre	02 8536 9708



Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Pilates	Pilates builds core strength and increases flexibility.	Engadine	62A Anzac Ave 	Engadine Squash & Swim Centre	02 9520 9938
Pilates	Pilates classes for the general community.	Gymea	Cnr Gymea Bay Rd & Kings Rd 	Gymea Bay Fitness Studio	02 9525 2525
Pilates	Low impact exercise class.	Menai	Shop 6, 62 Coachwood Cres 	Menai Dance Centre	02 9543 8311 <a href="mailto:admin@menaidancingcentre.com.au">admin@menaidancingcentre.com.au</a>
Strength training	30 minute circuit session targeting strength exercises. Women only.	Caringbah	Level 1, Caringbah Centre Ct, 307 The Kingsway	Curves Caringbah	02 9526 6691
Strength training	1.5 hr class. Improves balance, strength and flexibility. Good for people with osteoporosis.	Caringbah	Caringbah Scout Hall, Jacaranda Rd	SHARE	02 9533 4422 <a href="mailto:admin_share@iprimus.com.au">admin_share@iprimus.com.au</a>





Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Strength training	Daytime resistance training program aimed at older adults.	Caringbah	Caringbah CWA Hall, Banksia Rd 	Strengthening For Over 60s	02 9350 1397
Strength training	Strength Circuit for Seniors & Strength for Life classes use small weights and fit bands to improve strength, flexibility & fitness.	Caringbah	5 Jacaranda Road 	YMCA	02 9524 1800 <a href="mailto:healthwise.caringbah@ymcasydney.org">healthwise.caringbah@ymcasydney.org</a>
Strength training	Daily strength based exercise classes for seniors.	Cronulla	71-73 Cronulla St Mall 	Cronulla Fitness	02 9544 1944
Strength training	30 minute circuit session targeting strength exercises. Women only.	Cronulla	1st Floor, Suite 7, 64 Cronulla St 	Curves Cronulla	02 9523 6161
Strength training	Improves balance, strength and flexibility. Good for people with osteoporosis.	Cronulla	Cronulla Senior Citizens Centre, 15 Cronulla Plaza	SHARE	02 9533 4422 <a href="mailto:admin_share@iprimus.com.au">admin_share@iprimus.com.au</a>






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Strength training	30 minute circuit session targeting strength exercises. Women only.	Engadine	Engadine Court car park, 101 Caldarra Ave 	Curves Engadine	02 9548 6552
Strength training	Weight training to music with modifications for seniors & beginners.	Engadine	Anzac Ave 	Engadine Leisure Centre	02 8536 9708
Strength training	Conditioning and strengthening Fitball class for seniors & beginners.	Engadine	Anzac Avenue 	Engadine Leisure Centre	02 8536 9708
Strength training	Strength training open to all.	Engadine	62A Anzac Ave  	Engadine Squash & Swim Centre	02 9520 9938
Strength training	Regular strength based exercise classes for all ages.	Illawong	25 Thompson Ave 	Lifestyle Change Australia	02 9541 4276 <a href="mailto:nmitropo@bigpond.net.au">nmitropo@bigpond.net.au</a>

Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Strength training	Low impact class - includes strength training, balance, coordination.	Jannali	Cnr Jannali Avenue & Mary St 	T.C. Fitness	02 9543 1127 <a href="mailto:tcfitness@iprimus.com.au">tcfitness@iprimus.com.au</a>
Strength training	Daytime resistance training program aimed at older adults.	Kirrawee	Donald Robinson Village, 81 Flora St 	Strengthening For Over 60s	02 9350 1397
Strength training	30 minute circuit session targeting strength exercises. Women only.	Menai	Level 1, Menai Central, 5-13 Carter Rd	Curves Menai	02 9541 4788
Strength training	Improves balance, strength and flexibility. Good for people with osteoporosis.	Menai	Menai Community Centre, Allison Rd	SHARE	02 9533 4422 <a href="mailto:admin_share@iprimus.com.au">admin_share@iprimus.com.au</a>
Strength training	Daytime resistance training program aimed at older adults.	Menai	Club Menai, 44-60 Alison Cres	Strengthening For Over 60s	02 9350 1397

Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Strength training	Daytime resistance training program aimed at older adults.	Miranda	Miranda Community Hall, Karimbla Rd 	Strengthening For Over 60s	02 9350 1397
Strength training	30 minute circuit session targeting strength exercises. Women only.	Sutherland	39 Eton St	Curves Sutherland	02 9542 2910
Strength training	Strength training for women over 50 years of age.	Sutherland	749 Old Princes Hwy 	Older Women's Network	02 9526 5746 <a href="mailto:pdonaghy@aapt.net.au">pdonaghy@aapt.net.au</a>
Strength training	Resistance class at two levels. Builds strong muscles & bones. Also education and social activities.	Sutherland	Sutherland Shire Sports Physiotherapy 	Osteoporosis Sydney Support Group	02 9350 2909 <a href="mailto:antoservices@optusnet.com.au">antoservices@optusnet.com.au</a>
Strength training	Various classes for seniors including gentle, lite and fitball circuit.	Sutherland	Rawson Ave 	Sutherland Leisure Centre	02 9545 2400 <a href="mailto:kdenny@ssc.nsw.gov.au">kdenny@ssc.nsw.gov.au</a>

Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Strength training	1.5 hr class. Improves balance, strength and flexibility. Good for people with osteoporosis.	Sylvania Heights	Sylvania Heights Youth & Community Club, Box Rd	SHARE	02 9533 4422 <a href="mailto:admin_share@iprimus.com.au">admin_share@iprimus.com.au</a>
Tai Chi	Tai Chi suitable for all levels of participants.	Caringbah	Senior Citizens Hall, Port Hacking Rd 	Australian Academy of Tai Chi	02 9797 9355
Tai Chi	Tai Chi for Arthritis for people with joint stiffness. Beginners welcome.	Caringbah	Caringbah Scout Hall, 50 Jacaranda Rd	SHARE	02 9533 4422 <a href="mailto:admin_share@iprimus.com.au">admin_share@iprimus.com.au</a>
Tai Chi	Daytime class, beginners welcome.	Engadine	1040 Princes Highway 	Engadine Community Centre	02 9527 0738
Tai Chi	Suitable for people with arthritis. Multilevel class.	Engadine	Yarrawarra Community Centre, Cnr Old Bush Rd	SHARE	02 9533 4422 <a href="mailto:admin_share@iprimus.com.au">admin_share@iprimus.com.au</a>

Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Tai Chi	Tai Chi suitable for all levels of participants.	Gymea	St Catherine Laboure Church Hall, 123 Gymea Bay Rd 	Australian Academy of Tai Chi	02 9797 9355
Tai Chi	Weekly Tai Chi class catering mainly for women over 55.	Menai	34-40 Allison Cres 	Menai Community Centre	02 9543 5115
Tai Chi	Includes gentle exercise and breathing exercises.	Menai	Shop 6, 62 Coachwood Cres 	Menai Dance Centre	02 9543 8311 <a href="mailto:admin@menaidancingcentre.com.au">admin@menaidancingcentre.com.au</a>
Tai Chi	Suitable for people with arthritis. Beginner/ Intermediate class.	Miranda	Glad Ashworth Hall/Community Centre, Karimbla Rd	SHARE	02 9533 4422 <a href="mailto:admin_share@iprimus.com.au">admin_share@iprimus.com.au</a>
Tai Chi	Tai Chi suitable for all levels of participants.	Oyster Bay	Scouts Hall, Green Point Rd Reserve 	Australian Academy of Tai Chi	02 9797 9355

Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Tai Chi	Tai Chi for women over 50 years of age.	Sutherland	749 Old Princes Hwy 	Older Women's Network	02 9526 5746 <a href="mailto:pdonaghy@aapt.net.au">pdonaghy@aapt.net.au</a>
Walking	National Heart Foundation 1 hour neighbourhood walking program. Coffee afterwards.	Engadine	Engadine area 	Engadine Walkers	02 9520 8195
Walking	Suitable for clients referred by Allied Health Professionals.	Gymea	Cnr Gymea Bay Rd & Kings Rd	Gymea Bay Fitness Studio	02 9525 2525
Walking	Join other seniors for regular walks to stay fit and active.	Illawong	25 Thompson Ave 	Lifestyle Change Australia	02 9541 4276 <a href="mailto:nmitropo@bigpond.net.au">nmitropo@bigpond.net.au</a>
Walking	Bushwalking group. Terrain can be challenging. Good mobility required.	Sutherland	Sutherland area 	Sutherland Bushwalking Club	<a href="mailto:sbcsecretary@sutherlandbushwalkers.org.au">sbcsecretary@sutherlandbushwalkers.org.au</a>
Walking	National Heart Foundation walking program. Slow walk for 1 hour.	Sutherland	Sutherland area 	Sutherland Strollers	02 9521 8058

Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Yoga	Yoga class for the general community.	Gymea	Cnr Gymea Bay Rd & Kings Rd 	Gymea Bay Fitness Studio	02 9525 2525
Yoga	Hatha yoga - gentle exercise and relaxation.	Menai	Shop 6, 62 Coachwood Cres 	Menai Dance Centre	02 9543 8311 <a href="mailto:admin@menaidancingcentre.com.au">admin@menaidancingcentre.com.au</a>
Yoga	Gentle yoga with relaxation. Bring a towel or mat. Also education and social activities.	Miranda	Waterbook Retirement Village, Wyralla Road 	Osteoporosis Sydney Support Group	02 9350 2909 <a href="mailto:antoservices@optusnet.com.au">antoservices@optusnet.com.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.