






























Physical activity directory for adults 55+ living in Eastern Sydney





Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Aqua aerobics	Gentle water exercise for frail and well older people in Eastern Sydney. Several venues.	Bondi Beach	Harkoah Club 	WAVES	02 9382 8080
Aqua aerobics	Exercises in water for the general public - great for stiff joints.	Bondi Junction	Level 2, 9 Bronte Rd 	Elixr Health Club	02 8113 8800
Aqua aerobics	Gentle water exercise for frail and well older people in Eastern Sydney. Several venues.	Bondi Junction	Easts Leagues Club  	WAVES	02 9382 8080
Aqua aerobics	Water based exercise. Suitable for seniors.	Sydney	College St  	Cook & Phillip Park Aquatic & Leisure Centre	02 9326 0444 info@cookandphillip.com.au






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Aqua aerobics	Gentle water exercise for frail and well older people in Eastern Sydney. Several venues.	Sydney	Catholic Club City 	WAVES	02 9382 8080
Aqua aerobics	Gentle water exercise for frail and well older people in Eastern Sydney. Several venues.	Zetland	Zetland Centre, Joynton Ave 	WAVES	02 9382 8080
Dancing	Dancing for over 50s.	Bondi Junction	31-33 Spring St  	Waverley Community & Seniors Centre	02 9386 7900
Dancing	Have to attend individual classes before group classes are on offer.	Sydney	317 George St 	Arthur Murray Dance Studio	02 9299 5000 arthurmurray@bigpond.com
Exercise	Exercise for the over 55s.	Bondi	Bondi Pavillion 		02 9365 2955 asread@bigpond.net.au






Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Exercise	50+ Fitness is an exercise class for mature aged men and women.	Bondi Beach	Bondi Pavilion, Queen Elizabeth Drive 	Bondi Community Cultural Centre	02 8362 3400 bondipav@waverley.nsw.gov.au
Exercise	Chair based class for people over 50 who have suffered a fall (2 venues).	Bondi Junction	Call for details  	AIM for Fitness	02 9382 8131 helen.pinnock@sesiahs.health.nsw.gov.au
Exercise	Women only exercise class.	Bondi Junction	27 Spring St  	Echo Neighbourhood Centre	02 9387 2887
Exercise	Daytime/morning classes.	Bondi Junction	Level 2, 9 Bronte Rd 	Elixir Health Club	02 8113 8800
Exercise	Exercise class - working on stretching and strengthening core muscles.	Bondi Junction	Church in the Marketplace, 200 Oxford St Mall  	Uniting Care - Healthy Aging	0416 058 425 nathan.hall@sydneyagedcare.org.au





Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Exercise	A light aerobics class for people over 50 and people with a disability. Call for details.	Bondi Junction	31-33 Spring St 	Waverley Community & Seniors Centre	02 9386 7900
Exercise	This is a chair based exercise class.	Bondi Junction	31-33 Spring St 	Waverley Community & Seniors Centre	02 9386 7900
Exercise	Heartmoves exercise class using small weights for seniors, those unused to exercise or with cardiac/diabetic conditions.	Bondi Junction	31-33 Spring Street 	Waverley Community & Seniors Centre	02 9386 7900
Exercise	This class is a mixture of exercise, toning and stretching. Wear comfortable clothes.	Darling Point	McKell Park, 159 Darling Point Rd 	Canonbury Cottage	02 9391 7959
Exercise	Women only, suitable for women over 65.	Rose Bay	Call for details 	AIM for Fitness	02 9382 8131 helen.pinnock@sesiahs.health.nsw.gov.au






Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Exercise	Gentle exercise for seniors.	Sydney	College St  	Cook & Phillip Park Aquatic & Leisure Centre	02 9326 0444 info@cookandphillip.com.au
Exercise	Women's only exercise group.	Sydney	College St  	Cook & Phillip Park Aquatic & Leisure Centre	02 9326 0444 info@cookandphillip.com.au
Exercise	Women only, suitable for older women.	Vaucluse	Call for details 	AIM for Fitness	02 9382 8131 helen.pinnock@sesiahs.health.nsw.gov.au
Exercise	Gentle exercise and Tai Chi, suitable for beginners; can be adapted to your needs. Call for details.	Vaucluse	80 New South Head Rd 	Vaucluse Bowling Club	02 9391 7959 Jessica.Arroyo@woollahra.nsw.gov.au
Exercise	A gentle exercise class at a slow pace suitable for seniors.	Watsons Bay	335 Old South Head Rd 	The Gonyah	02 9391 7959
Exercise	A class for frail people over 75.	Waverley	Call for details 	AIM for Fitness	02 9382 8131 helen.pinnock@sesiahs.health.nsw.gov.au







Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Exercise	Weekly exercise classes for all ages.	Waverley	Legion Club, 211 Bronte Rd 	Fresh Fitness	02 9369 2290 freshfitness@yahoo.com.au
Exercise	Stepping On is an education & gentle exercise program to prevent falls - ongoing exercise available after program finishes.	Waverley	War Memorial Hospital 	War Memorial Hospital	02 9369 0215
Exercise	Lite & Ezy chair exercises ideal for older people who have not exercised for a long time or recovering from illness or surgery.	Waverley	War Memorial Hospital 	War Memorial Hospital	02 9369 0217
Exercise	A weekly exercise class for men and women.	Woollahra	Cnr Queen St & Edgecliff Rd 	Woollahra Seniors & Community Centre	02 9363 5957 woollsc@bigpond.net.au










Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Other	A variety of group fitness activities for all levels, working outdoors with a trainer.	Bondi Beach	113 Brighton Blvd 	STEP INTO LIFE	02 9365 4077 nsw@stepintolife.com
Other	A balance exercise class for people over 70.	Bondi Junction	31-33 Spring St 	Waverley Community & Seniors Centre	02 9386 7900
Other	Qigong uses slow movements & breathing techniques for health & healing.	East Sydney	107 Crown St 	City Gym	02 9360 6247
Pilates	Pilates strengthens, tones and stretches the body. Bring your own mat. Several classes per week.	Bondi Beach	Bondi Pavilion, Queen Elizabeth Drive 	Bondi Community Cultural Centre	02 8362 3400 bondipav@waverley.nsw.gov.au
Pilates	A Pilates class for everyone.	Bondi Junction	Level 2, 9 Bronte Rd 	Elixir Health Club	02 8113 8800

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Pilates	Pilates for over 50s.	Bondi Junction	31-33 Spring St 	Waverley Community & Seniors Centre	02 9386 7900
Pilates	Mixed Pilates class to strengthen the core muscles.	Sydney	College St 	Cook & Phillip Park Aquatic & Leisure Centre	02 9326 0444 info@cookandphillip.com.au
Pilates	Weekly class for the core postural muscles that help keep the body balanced.	Waverley	Legion Club, 211 Bronte Rd 	Fresh Fitness	02 9369 2290 freshfitness@yahoo.com.au
Strength training	Daily strength based exercise classes for all ages.	Bondi Beach	113 Brighton Blvd 	STEP INTO LIFE	02 9365 4077 nsw@stepintolife.com
Strength training	30 minute circuit session targeting strength exercises. Women only.	Bondi Junction	Ground Floor, 115 Bronte Rd 	Curves Bondi Junction	02 9386 1125

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Strength training	Strength training class.	Bondi Junction	Church in the Marketplace, 200 Oxford St Mall 	Uniting Care - Healthy Aging	0416 058 425 nathan.hall@sydneyagedcare.org.au
Strength training	A weights program for men over 50 yrs. Suitable for those with a disability.	Bondi Junction	31-33 Spring St 	Waverley Community & Seniors Centre	02 9386 7900
Strength training	30 minute circuit session targeting strength exercises. Women only.	Double Bay	Suite 1, 2nd Floor, 16-18 Cross St 	Curves Double Bay	02 9327 6795
Strength training	30 minute circuit session targeting strength exercises. Women only.	Dover Heights	159 Military Rd 	Curves Dover Heights	02 9388 1650

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Strength training	Living Longer Living Stronger: builds muscle strength, balance & bone density. One off fee of \$55, then \$15/week. Includes use of gym (specific times).	East Sydney	107 Crown St 	City Gym	02 9360 6247
Strength training	30 minute circuit session targeting strength exercises. Women only.	Rosebery	30-40 Harcourt Pde	Curves Rosebery	02 9693 5339
Strength training	Strength training for seniors.	Sydney	College St  	Cook & Phillip Park Aquatic & Leisure Centre	02 9326 0444 info@cookandphillip.com.au
Strength training	Weekly strength based exercise classes for all ages.	Waverley	Legion Club, 211 Bronte Rd 	Fresh Fitness	02 9369 2290 freshfitness@yahoo.com.au
Strength training	Exercise class to build strength & fitness - uses small hand weights & exercise bands.	Woolloomooloo	Cnr Nicholson & Dowling Sts 	Juanita Nielsen Leisure Centre	02 8374 6324

Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Tai Chi	Evening and morning Tai Chi classes. All welcome.	Bondi Beach	Bondi Pavilion, Queen Elizabeth Drive 	Bondi Community Cultural Centre	02 8362 3400 bondipav@waverley.nsw.gov.au
Tai Chi	Tai Chi classes are offered for people over 50, suitable for all levels.	Bondi Junction	31-33 Spring St  	Waverley Community & Seniors Centre	02 9386 7900
Tai Chi	Improves flexibility, muscle strength, balance and fitness. Wear comfortable clothes.	Darling Point	McKell Park, 159 Darling Point Rd 	Canonbury Cottage	02 9391 7959
Tai Chi	Uses gentle exercise and Tai Chi and combines stretching, strength & balance.	Watsons Bay	335 Old South Head Rd 	The Gunyah	02 9391 7959
Tai Chi	A weekly Chi Gung class using slow, gentle movements for balance and flexibility.	Woollahra	Cnr Queen St & Edgecliff Rd 	Woollahra Seniors & Community Centre	02 9363 5957 woollsc@bigpond.net.au

Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Walking	Regular walking groups for fitness and fun.	Bondi Beach	113 Brighton Blvd 	STEP INTO LIFE	02 9365 4077 nsw@stepintolife.com
Yoga	Yoga uses breathing, meditation, posture and relaxation. Suitable for all ages.	Bondi Junction	Level 2, 9 Bronte Rd 	Elixir Health Club	02 8113 8800
Yoga	Daily yoga classes for all ages.	Bondi Junction	117 Oxford St  	The Australian School of Yoga	02 9389 4694
Yoga	Yoga for over 50s	Bondi Junction	31-33 Spring St  	Waverley Community & Seniors Centre	02 9386 7900
Yoga	Involves relaxing and more challenging movements. Open to all, sauna and pool access included.	Bondi Beach	Bondi Icebergs - by the pool, 1 Notts Ave 	Yoga By the Sea	0411 336 476 sashahawley@yahoo.com.au
Yoga	Yoga helps with flexibility and relaxation	Sydney	College St  	Cook & Phillip Park Aquatic & Leisure Centre	02 9326 0444 info@cookandphillip.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.