























Physical activity directory for adults 55+ living in the central suburbs of Wollongong








Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Aqua aerobics	Open to people over 55 years of age.	Dapto	Corner Bangaroo and Biami Cres 	Dapto Heated Pool	02 4261 1963
Aqua aerobics	Daily water based exercise classes for all ages.	Gwynneville	Foleys Rd 	Beaton Park Leisure Centre	02 4229 6004 bpark@wollongong.nsw.gov.au
Dancing	Weekly line dancing class for fun and fitness. Open to all, no partner needed.	Balgownie	Balgownie Soccer Hall, 113 Balgownie Rd 	Line Dancing	02 4285 8514







Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Dancing	Friendly, social atmosphere. Non-threatening environment. All welcome.	Fairy Meadow	11 Bourke Street 	Hot Tamales Bootscooters	02 4443 4845 carolford@aapt.net.au
Dancing	Line dancing class for fun and fitness. Open to all, no partner needed.	Fairy Meadow	Fairy Meadow Community Centre, Princes Hwy 	Line Dancing	02 4285 8514
Dancing	Beginners class for square and round dancing.	Figtree	Figtree Public School, Gibsons Rd 	The Red Barons Square & Round Dancing	02 4229 4059 bwonson@yesreally.com
Dancing	Females only.	Wollongong	67-69 Burelli St 	Fernwood Women's Health Club	02 4226 6162 wollongong@fernwoodfitness.com.au
Dancing	An eight week course in ballroom dancing for fun and fitness. Concessions for seniors.	Wollongong	50-52 Auburn St 	WEA Illawarra	02 4226 1622








Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Exercise	Very gentle exercise for seniors.	Balgownie	Balgownie Community Hall, Balgownie Rd 	Rodolfa Biasotto	02 4229 4294
Exercise	Very gentle exercise for Italian women.	Balgownie	Balgownie Community Hall, Balgownie Rd 	Rodolfa Biasotto	02 4229 4294
Exercise	Heartmoves class for seniors, those unused to exercise or with cardiac/diabetic conditions.	Balgownie	Balgownie Community Hall, 113 Balgownie Rd 	Therese Weber	02 4294 1438
Exercise	Heartmoves class for seniors, those unused to exercise or with cardiac/diabetic conditions.	Dapto	Dapto Community Centre, Princes Hwy  	Marta Venegas	02 4297 3379 martaivento@yahoo.com.au







Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Exercise	Very gentle exercise for older Italian women.	Fairy Meadow	Fraternity Club 	Bruna Bertapelle	02 4284 9344
Exercise	Heartmoves class for seniors, those unused to exercise or with cardiac/diabetic conditions.	Figtree	Figtree Retirement Village, O'Briens Rd	Ivano Fiorani	0413 311 406 if71@dodo.com.au
Exercise	Regular exercise classes for all ages.	Gwynneville	Foleys Rd 	Beaton Park Leisure Centre	02 4229 6004 bpark@wollongong.nsw.gov.au
Exercise	6 week individualised program for people with conditions such as raised BP, being overweight and raised blood glucose. GP referral required.	Gwynneville	Beaton Park Leisure Centre, Foleys Rd	Illawarra Division of General Practice	02 4229 6004 iblackmore@idgp.org.au
Exercise	Heartmoves class for seniors, those unused to exercise or with cardiac/diabetic conditions.	Gwynneville	Gwynneville Senior Citizens Hall, 192 Gipps Rd 	Nadine Dennett	0417 621 794





Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Exercise	Low to moderate intensity exercise for people unused to exercise or with heart problems.	Port Kembla	Port Kembla Community Hall, Allen St 	Fantastic Planet Health	0402 188 745 fan_plan_health@yahoo.com.au
Exercise	Women only exercise program.	Wollongong	67-69 Burelli St 	Fernwood Women's Health Club	02 4226 6162 wollongong@fernwoodfitness.com.au
Exercise	Women only exercise classes.	Wollongong	67-69 Burelli St 	Fernwood Women's Health Club	02 4226 6162 wollongong@fernwoodfitness.com.au
Exercise	Daily exercise for all ages.	Wollongong	Cnr Keira & Burelli St  	Fitness First Wollongong	02 4229 8884 wollongong@fitnessfirst.com.au
Exercise	Heartmoves class for seniors, those unused to exercise or with cardiac/diabetic conditions.	Wollongong	Wollongong TAFE Rowlands Ave 	Michele Leeder-Smith	0408 627 893 michele.leeder-smith@bigpond.com

Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Pilates	Women only.	Wollongong	67-69 Burelli St 	Fernwood Women's Health Club	02 4226 6162 wollongong@fernwoodfitness.com.au
Pilates	Pilates focuses on the core postural muscles that help keep the body balanced.	Wollongong	Cnr Keira & Burelli St  	Fitness First Wollongong	02 4229 8884 wollongong@fitnessfirst.com.au
Pilates	The program focuses on the core postural muscles that help keep the body balanced.	Wollongong	311 Keira Street  	Move Well Personal Training & Pilates	02 4229 2335 jwolhuter@bigpond.com.au
Strength training	Low intensity women's exercise program for body strength using light hand weights.	Balgownie	Balgownie Community Hall 	Fantastic Planet Health	0402 188 745 fan_plan_health@yahoo.com.au
Strength training	Low intensity men's exercise program for body strength using light to moderate hand weights.	Balgownie	Balgownie Community Hall 	Fantastic Planet Health	0402 188 745 fan_plan_health@yahoo.com.au

Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Strength training	30 minute circuit session targeting strength exercises. Women only.	Dapto	47-51 Baan Baan St 	Curves Dapto	02 4262 6620
Strength training	30 minute circuit session targeting strength exercises. Women only.	Figtree	Shop 3, 3 Belview Rd 	Curves Figtree	02 4225 7100
Strength training	Daily strength based exercise classes for all ages.	Gwynneville	Foleys Rd 	Beaton Park Leisure Centre	02 4229 6004 bpark@wollongong.nsw.gov.au
Strength training	Women only strength training.	Wollongong	67-69 Burelli St 	Fernwood Women's Health Club	02 4226 6162 wollongong@fernwoodfitness.com.au
Strength training	Daily strength based exercise classes for all ages.	Wollongong	Cnr Keira & Burelli St 	Fitness First Wollongong	02 4229 8884 wollongong@fitnessfirst.com.au
Strength training	A low intensity exercise program for overall body strength using light hand weights.	Wollongong	Saunders Oval, Foleys Lane 	Wollongong TAFE Fitness Centre	02 4229 6167

Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Tai Chi	Tai Chi suitable for all levels of participants.	Dapto	Ribbonwood Centre 	Australian Academy of Tai Chi	02 4261 5786
Tai Chi	Tai Chi suitable for all levels of participants.	Wollongong	Pioneer Hall Church St 	Australian Academy of Tai Chi	02 4261 5786
Tai Chi	Tai Chi for seniors classes held depending on the demand. Call for details.	Wollongong	50-52 Auburn St  	WEA Illawarra	02 4226 1622
Walking	1 hour walk along Lake Illawarra.	Dapto	Lakeside Drive 	Just Walk It Recycled Teenagers	02 4261 2531
Walking	Walks are for approximately 8kms and/or 12-15kms.	Figtree	Figtree & Illawarra area 	Illawarra Ramblers Club	02 4229 9597
Walking	Women only walking.	Wollongong	67-69 Burelli St 	Fernwood Women's Health Club	02 4226 6162 wollongong@fernwoodfitness.com.au

Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Walking	Daily walking groups.	Wollongong	Cnr Keira & Burelli St  	Fitness First Wollongong	02 4229 8884 wollongong@fitnessfirst.com.au
Walking	A weekly walking group for fun, fresh air and fitness.	Wollongong North	North Wollongong Beach 	Wollongong Walking Group - Recycled Teenagers	02 4231 1953 megan.luebcke@sesiahs.health.nsw.gov.au
Yoga	Men and women welcome.	Fairy Meadow	Fairy Meadow Community Centre 	Jan Baxter	02 4268 5775 janbaxter1@optusnet.com.au
Yoga	Yoga uses breathing, meditation, posture and relaxation	Gwynneville	Foleys Rd 	Beaton Park Leisure Centre	02 4229 6004 bpark@wollongong.nsw.gov.au
Yoga	Women only.	Wollongong	67-69 Burelli St 	Fernwood Women's Health Club	02 4226 6162 wollongong@fernwoodfitness.com.au

Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Yoga	Daily yoga classes for all ages.	Wollongong	Cnr Keira & Burelli St  	Fitness First Wollongong	02 4229 8884 wollongong@fitnessfirst.com.au
Yoga	Need to bring yoga mat. Seniors concessions available.	Wollongong	50-52 Auburn St  	WEA Illawarra	02 4226 1622

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.