


















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

Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Dancing	Weekly line dancing class for fun and fitness. Open to all, no partner needed.	Corrimal	Corrimal RSL, Princes Hwy 	Line Dancing	02 4285 8514
Exercise	Very gentle exercise for seniors.	Bellambi	Bellambi Community Hall, Rothery & Cawley Sts 	Rodolfa Biasotto	02 4229 4294
Exercise	Have fun and try a different sort of exercise each month.	Bulli	Bulli Hospital Hall  	Older and Bolder	02 4284 4251
Exercise	Back to Basics is a combined exercise class suitable for beginners and those over 55.	Helensburgh	338 Cemetery Rd 	Coastland Fitness	02 4294 2253 fitness@coastland.net.au

Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Exercise	Heartmoves class for seniors, those unused to exercise or with cardiac/diabetic conditions	Stanwell Park	Stanwell Park Community Hall, Stanwell Ave 	Therese Weber	02 4294 1438
Exercise	Day time stretch class	Woonona	455 Princes Hwy 	Woonona Bulli RSL Gym	02 4284 5789 gym@wbsrsl.com.au
Exercise	Lite and Active class aimed at the over 50s	Woonona	455 Princes Hwy 	Woonona Bulli RSL Gym	02 4284 5789 gym@wbsrsl.com.au
Pilates	Morning and night classes available	Woonona	455 Princes Hwy 	Woonona Bulli RSL Gym	02 4284 5789 gym@wbsrsl.com.au
Strength training	Strength based exercise helps to build muscle - keep strong and active for longer	Bulli	Bulli Seniors Hall, Hospital Rd 	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.	Corrimal	1st Floor, 245-247 Princes Hwy 	Curves Corrimal	02 4285 2522
Strength training	Low intensity exercise program for overall body strength using light hand weights.	Russell Vale	Russel Vale Community Hall 	Strong Seniors	0402 213 488
Strength training	30 minute circuit session targeting strength exercises. Women only.	Thirroul	378 Lawrence Hargrave Drive 	Curves Thirroul	02 4267 5550
Walking	A weekly walking group open to all.	Bulli	Bulli CHC, 322 Princes Hwy 	Walkie Talkies	02 4283 2120 Maura.O'Sullivan@sesiahs.health.nsw.gov.au

Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Yoga	Suitable for beginners and those with experience.	Austinmer	Yoga Centre, Moore St 	Jan Baxter	02 4268 5775 janbaxter1@optusnet.com.au
Yoga	Women only yoga class.	Woonona	Fernwood Woonona, Princes Hwy 	Jan Baxter	02 4268 5775 janbaxter1@optusnet.com.au
Yoga	Yoga classes for the general public.	Woonona	Woonona Bulli RSL Gym, Princes Hwy 	Jan Baxter	02 4268 5775 janbaxter1@optusnet.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.