









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

Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Exercise	A fun, social and gentle exercise class for seniors or those returning to exercise. Stay for a cuppa!	Kanahooka	192 Kanahooka Rd 	Lakeside Leisure Centre	02 4261 3693 <a href="mailto:afarrell@wollongong.nsw.gov.au">afarrell@wollongong.nsw.gov.au</a>
Exercise	Low to moderate intensity exercise for people unused to exercise or with heart problems.	Koonawarra	Koonawarra Community Hall, Fowlers Rd 	Fantastic Planet Health	0402 188 745 <a href="mailto:fan_plan_health@yahoo.com.au">fan_plan_health@yahoo.com.au</a>
Exercise	Very gentle exercise for older Italian women.	Warrawong	Warrawong Community Hall, Greene St 	Bruna Bertapelle	02 4284 9344

Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Exercise	Heartmoves class for seniors, those unused to exercise or with cardiac/diabetic conditions.	Warrawong	Warrawong Anglican Church, Cowper St 	Ivano Fiorani	0413 311 406 <a href="mailto:if71@dodo.com.au">if71@dodo.com.au</a>
Exercise	Heartmoves class and social group. Includes gentle exercise and dancing routines.	Windang	50 Kurrajong St 	Marta Venegas	02 4297 3379 <a href="mailto:martaivento@yahoo.com.au">martaivento@yahoo.com.au</a>
Other	Body Balance combines moves from yoga and Tai Chi to improve strength, flexibility and balance.	Kanahooka	192 Kanahooka Rd 	Lakeside Leisure Centre	02 4261 3693 <a href="mailto:afarrell@wollongong.nsw.gov.au">afarrell@wollongong.nsw.gov.au</a>
Strength training	A class for improving strength.	Kanahooka	192 Kanahooka Rd 	Lakeside Leisure Centre	02 4261 3693 <a href="mailto:afarrell@wollongong.nsw.gov.au">afarrell@wollongong.nsw.gov.au</a>

Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Strength training	30 minute circuit session targeting strength exercises. Women only.	Warrawong	1st Floor, 260 Cowper St 	Curves Warrawong	02 4274 8101

### 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.

