


























Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Aqua aerobics	Water based exercise for seniors	Coogee	Coogee Randwick RSL Club	Katherine Williamson	0416 001 739
Aqua aerobics	Aqua aerobic exercise program provided by trained leaders	Maroubra	Cnr Jersey & Robey St	Des Renford Aquatic Centre	02 9349 1106
Aqua aerobics	Gentle water exercise for frail and well older people in Eastern Sydney. Several venues	Maroubra	Des Renford Aquatic Centre	WAVES	02 9382 8080
Aqua aerobics	Gentle water exercise for frail and well older people in Eastern Sydney. Several venues	Randwick	Prince of Wales Hospital	WAVES	02 9382 8080
Dancing	Various dancing classes for the over 55s. Small membership fee plus low class fees	Little Bay	Prince Henry Site, 1430 Anzac Pde	Little Bay Coast Centre for Seniors	02 9311 4886 <a href="mailto:coord@coastcentre.org.au">coord@coastcentre.org.au</a>
Dancing	Old time dancing for fun and fitness.	Maroubra Beach	212-220 Marine Pde	Maroubra Seals Sport & Community Club	02 9349 2299
Exercise	This early	Clovelly	Clovelly	Joseph	02 9572 9290

ise	evening Heartmoves class is suitable for seniors, those unused to exercise or with a cardiac or diabetic condition.	Child Care Centre, 40a Arden Street	Sgro	0421 564 191
				
Exercise	Heartmoves class for seniors, those unused to exercise or with cardiac/diabetic conditions	Coogee Carr & Byron Sts	Sarah Kelso	0409 247 497 0409 247 497
				
Exercise	Exercise suitable for seniors	Daceyville	Call for details AIM for Fitness	02 9382 8131 <a href="mailto:helen.pinnock@sesiahs.health.nsw.gov.au">helen.pinnock@sesiahs.health.nsw.gov.au</a>
				
Exercise	Exercise suitable for seniors	Daceyville	Call for details AIM for Fitness	02 9382 8131 <a href="mailto:helen.pinnock@sesiahs.health.nsw.gov.au">helen.pinnock@sesiahs.health.nsw.gov.au</a>
				
Exercise	55 Plus membership \$10. Call Janet Hanscomb for details	Eastlakes	Eastlakes Community Hall, Florence Ave 55 Plus Network	02 9316 9029
				
Exercise	Men only, suitable for men over 65	Eastlakes	Call for details AIM for Fitness	02 9382 8131 <a href="mailto:helen.pinnock@sesiahs.health.nsw.gov.au">helen.pinnock@sesiahs.health.nsw.gov.au</a>
				
Exercise	Women only, over 65. Tues - Thurs	Eastlakes	Call for details AIM for Fitness	02 9382 8131 <a href="mailto:helen.pinnock@sesiahs.health.nsw.gov.au">helen.pinnock@sesiahs.health.nsw.gov.au</a>
				
Exercise	A light	Kensington 115	In Shape	02 9662 6154

ise	aerobic class ton with more advanced exercise options available	Anzac Parade	Health & Fitness Centre	
				
		UNSW, Cnr High & Anzac Pde	UNSW Lifestyle Centre	02 9385 6035 <a href="mailto:c.whelton@unsw.edu.au">c.whelton@unsw.edu.au</a>
Exercise	Gentle exercise for people over 55	Kensington		
Exercise	Suitable for frail/older people	Kingsford	Call for details AIM for Fitness	02 9382 8131 <a href="mailto:helen.pinnock@sesiahs.health.nsw.gov.au">helen.pinnock@sesiahs.health.nsw.gov.au</a>
	Seniors exercise classes for Club Members - fee covers access to classes, pool, steam room etc	Kingsford	558A Anzac Pde South Juniors Intra-Clubs	02 9349 7555
				
Exercise	Weekly exercise class for the over 55s. Small membership fee plus low class fees	Little Bay	Prince Henry Site, 1430 Anzac Pde Little Bay Coast Centre for Seniors	02 9311 4886 <a href="mailto:coord@coastcentre.org.au">coord@coastcentre.org.au</a>
				
Exercise	Chair based class for frail/older people	Malabar	Call for details AIM for Fitness	02 9382 8131 <a href="mailto:helen.pinnock@sesiahs.health.nsw.gov.au">helen.pinnock@sesiahs.health.nsw.gov.au</a>
				
Exercise	For people over 65 years, suitable for all fitness levels	Malabar	Call for details AIM for Fitness	02 9382 8131 <a href="mailto:helen.pinnock@sesiahs.health.nsw.gov.au">helen.pinnock@sesiahs.health.nsw.gov.au</a>
				
Exercise	Women only,	Maroubra	Call for details AIM for Fitness	02 9382 8131 <a href="mailto:helen.pinnock@sesiahs.health.nsw.gov.au">helen.pinnock@sesiahs.health.nsw.gov.au</a>

	suitable for women over 65				<a href="http://ov.au">ov.au</a>
Exercise	Women only exercise program	Maroubra	930 Anzac Pde	Just for Ladies Fitness	02 9314 3488 <a href="mailto:office@jflfitness.com.au">office@jflfitness.com.au</a>
Exercise	Suitable for frail /older people	Maroubra Beach	Call for details	AIM for Fitness	02 9382 8131 <a href="mailto:helen.pinnock@sesiahs.health.nsw.gov.au">helen.pinnock@sesiahs.health.nsw.gov.au</a>
Exercise	Suitable for older people. Men only, women only & mixed groups Women only groups and mixed groups.	Maroubra Junction	Call for details	AIM for Fitness	02 9382 8131 <a href="mailto:helen.pinnock@sesiahs.health.nsw.gov.au">helen.pinnock@sesiahs.health.nsw.gov.au</a>
Exercise	Low impact class suitable for beginners and seniors. Everyone welcome	Pagewood	152 Bunnerong Rd	In Shape Health Club	02 9344 4855 <a href="mailto:eastgardens.manager@inshapehealthclubs.com.au">eastgardens.manager@inshapehealthclubs.com.au</a>
Exercise	Exercise group for Aboriginal seniors at varying fitness levels, including chair exercises. Transport available.	Phillip Bay	Matraville Baptist Church, 19 Yarra Bay Rd	Let's Get the Mob Moving	02 9382 8026
Exercise	Special exercise for men and women 50+ with osteoporosis	Randwick	Call for details	AIM for Fitness	02 9382 8131 <a href="mailto:helen.pinnock@sesiahs.health.nsw.gov.au">helen.pinnock@sesiahs.health.nsw.gov.au</a>

	. Seven classes/ Mon-Fri				
Exercise	Women only, suitable for women over 65. Classes Mon -Thurs	Randwick	Call for details 	AIM for Fitness	02 9382 8131 <a href="mailto:helen.pinnock@sesiahs.health.nsw.gov.au">helen.pinnock@sesiahs.health.nsw.gov.au</a>
Exercise	Suitable for people with chronic health problems. Classes Mon- Fri	Randwick	Call for details 	AIM for Fitness	02 9382 8131 <a href="mailto:helen.pinnock@sesiahs.health.nsw.gov.au">helen.pinnock@sesiahs.health.nsw.gov.au</a>
Pilates	Women only Pilates class	Maroubra	930 Anzac Pde 	Just for Ladies Fitness	02 9314 3488 <a href="mailto:office@jflfitness.com.au">office@jflfitness.com.au</a>
Strength training	Resistance training for older people of all fitness levels	Daceyville	Call for details 	AIM for Fitness	02 9382 8131 <a href="mailto:helen.pinnock@sesiahs.health.nsw.gov.au">helen.pinnock@sesiahs.health.nsw.gov.au</a>
Strength training	Bonefit is an exercise program to build strong bones. Aimed at people over 55 yrs	Kensington	UNSW, Cnr High and Anzac Pde 	UNSW Lifestyle Centre	02 9385 6035 <a href="mailto:c.whelton@unsw.edu.au">c.whelton@unsw.edu.au</a>
Strength training	Strength training for people over 55. People need to enrol in the class	Kensington	UNSW, Cnr High and Anzac Pde 	UNSW Lifestyle Centre	02 9385 6035 <a href="mailto:c.whelton@unsw.edu.au">c.whelton@unsw.edu.au</a>
Strength training	30 minute circuit session targeting strength	Maroubra	Suite 2 Maroubra Court, 181-191 Maroubra	Curves Maroubra	02 9349 8800

	exercises. Women only		a Rd		
					
Strength training	Women only strength class	Maroubra	930 Anzac Pde	Just for Ladies Fitness	02 9314 3488 <a href="mailto:office@jflfitness.com.au">office@jflfitness.com.au</a>
					
Strength training	30 minute circuit session targeting strength exercises. Women only	Randwick	Shop 70b, Royal Randwick Centre, 73 Belmore Rd	Curves Randwick	02 9314 6076
Tai Chi	Weekly strength & balance class for the over 55s. Small membership fee plus low class fees	Little Bay	Prince Henry Site, 1430 Anzac Pde	Little Bay Coast Centre for Seniors	02 9311 4886 <a href="mailto:coord@coastcentre.org.au">coord@coastcentre.org.au</a>
					
Tai Chi	Women only, 65+. Tai Chi uses slow movements	Malabar	Call for details	AIM for Fitness	02 9382 8131 <a href="mailto:helen.pinnock@sesiahs.health.nsw.gov.au">helen.pinnock@sesiahs.health.nsw.gov.au</a>
					
Walking	55 Plus membership \$10. Call Janet Hanscomb for details	Eastlakes	Communities Hall, Florence Ave	55 Plus Network	02 9316 9029
					
Walking	Fortnightly walking group. Members must be over 55. Low annual	Little Bay	Prince Henry Site, 1430 Anzac Pde	Little Bay Coast Centre for Seniors	02 9311 4886 <a href="mailto:coord@coastcentre.org.au">coord@coastcentre.org.au</a>

	membership fee				
Walking	A walking group for Koori people and friends.	Malabar	Call for details	East Coast Koori Walking Group	02 9382 8063
Walking	Daily walking - enjoy the exercise, the company and the scenery	Maroubra	Cnr Jersey & Robey St	Des Renford Aquatic Centre	02 9349 1106
Yoga	Modified program for people over 65 yrs	Daceyville	Call for details	AIM for Fitness	02 9382 8131 <a href="mailto:helen.pinnock@sesiahs.health.nsw.gov.au">helen.pinnock@sesiahs.health.nsw.gov.au</a>

[Search Again](#)

**Key:**



- Indicates a bus stop within 10 minutes walk of venue



- Indicates a train stop within 10 minutes walk of venue

**Printing:**

We recommend using landscape orientation when printing Physical Activity Database search results

**Disclaimer:**

This list of exercise opportunities has been compiled by the Health Promotion Service at South Eastern Sydney 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 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.