






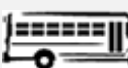


Activity	Description	Suburb	Location	Organisation	Phone/Mobile/Email
Aqua aerobics	Gentle water exercise for frail and well older people in Eastern Sydney. Several venues	Bondi Beach	Harkoah Club 	WAVES	02 9382 8080
Aqua aerobics	Exercises in water for the general public - great for stiff joints	Bondi Junction	Level 2, 9 Bronte Rd 	Elixir Health Club	02 8113 8800
Aqua aerobics	Gentle water exercise for frail and well older people in Eastern Sydney. Several venues	Bondi Junction	East's 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 <a href="mailto:info@cookandphillip.com.au">'info@cookandphillip.com.au'</a>
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	Zetland	Zetland Centre, Joynton Ave 	WAVES	02 9382 8080

venues					
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 <a href="mailto:arthurmurray@bigpond.com">arthurmurray@bigpond.com</a>
Exercise	Exercise for the over 55s	Bondi	Bondi Pavillion		02 9365 2955 <a href="mailto:asread@bigpond.net.au">asread@bigpond.net.au</a>
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 <a href="mailto:bondipav@waverley.nsw.gov.au">bondipav@waverley.nsw.gov.au</a>
Exercise	Chair based class for people over 50 who have suffered a fall (2 venues in Bondi Jnct)	Bondi 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	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 -	Bondi Junction	Church in the	Uniting Care -	0416 058 425 <a href="mailto:nathan.hall@sydneyagedcare.o">nathan.hall@sydneyagedcare.o</a>

working on stretching and strengthening core muscles

Marketplace, 200 Oxford St Mall

Healthy Aging [rg.au](http://www.sesiahs.health.nsw.gov.au)






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

9386 7900

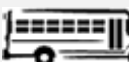
Exercise This class is a mixture of exercise, toning and stretching. Wear comfortable clothes

Darling Point

McKell Park, 159 Darling Point Rd

Canonbury Cottage

02 9391 7959



Exercise Women only, suitable for women over 65

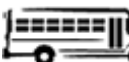
Rose Bay

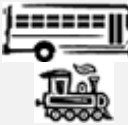






Call for details








AIM for Fitness









02 9382 8131








[helen.pinnock@sesiahs.health.nsw.gov.au](mailto:helen.pinnock@sesiahs.health.nsw.gov.au)









Exercise	Gentle exercise for seniors	Sydney	College St 	Cook & Phillip Park Aquatic & Leisure Centre	02 9326 0444 <a href="mailto:info@cookandphillip.com.au">'info@cookandphillip.com.au'</a>
Exercise	Women's only exercise group	Sydney	College St 	Cook & Phillip Park Aquatic & Leisure Centre	02 9326 0444 <a href="mailto:info@cookandphillip.com.au">'info@cookandphillip.com.au'</a>
Exercise	Women only, suitable for older women	Vaucluse	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	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 <a href="mailto:Jessica.Arroyo@woollahra.nsw.gov.au">Jessica.Arroyo@woollahra.nsw.gov.au</a>
Exercise	A gentle exercise class at a slow pace suitable for seniors	Watsons Bay	335 Old South Head Rd 	The Gungah	02 9391 7959
Exercise	A class for frail people over 75	Waverley	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	Weekly exercise classes for all ages	Waverley	Legion Club, 211 Bronte Rd 	Fresh Fitness	02 9369 2290 <a href="mailto:freshfitness@yahoo.com.au">freshfitness@yahoo.com.au</a>
Exercise	Stepping On is an education &	Waverley	War Memorial Hospital	War Memorial Hospital	02 9369 0215

	gentle exercise program to prevent falls - ongoing exercise available after program finishes			
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 <a href="mailto:woollsc@bigpond.net.au">woollsc@bigpond.net.au</a>
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 <a href="mailto:nsw@stepintolife.com">nsw@stepintolife.com</a>
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	East Sydney	107 Crown St 	City Gym 02 9360 6247

	for health & healing				
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 <a href="mailto:bondipav@waverley.nsw.gov.au">bondipav@waverley.nsw.gov.au</a>
					
Pilates	A pilates class for everyone	Bondi Junction	Level 2, 9 Bronte Rd	Elixir Health Club	02 8113 8800
					
Pilates	Pilates for over 50s	Bondi Junction	31-33 Spring St	Waverley Community & Seniors Centre	02 9386 7900
			 		
Pilates	Mixed Pilates classes to strengthen the core muscles	Sydney	College St	Cook & Phillip Park Aquatic & Leisure Centre	02 9326 0444 <a href="mailto:info@cookandphillip.com.au">info@cookandphillip.com.au</a>
			 		
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 <a href="mailto:freshfitness@yahoo.com.au">freshfitness@yahoo.com.au</a>
					
Strength training	Daily strength based exercise classes for all ages	Bondi Beach	113 Brighton Blvd	STEP INTO LIFE	02 9365 4077 <a href="mailto:nsw@stepintolife.com">nsw@stepintolife.com</a>
					
Strength training	30 minute circuit session targeting strength exercises.	Bondi Junction	Ground Floor, 115 Bronte Rd	Curves Bondi Junction	02 9386 1125

	Women only				
Strength training	Strength training class	Bondi Junction	Church in the Marketplace, 200 Oxford St Mall	Uniting Care - Healthy Aging	0416 058 425 <a href="mailto:nathan.hall@sydneyagedcare.org.au">nathan.hall@sydneyagedcare.org.au</a>
			 		
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
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	East Sydney	107 Crown St	City Gym	02 9360 6247
					

	times)				
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 <a href="mailto:info@cookandphillip.com.au">'info@cookandphillip.com.au'</a>
Strength training	Weekly strength based exercise classes for all ages	Waverley	Legion Club, 211 Bronte Rd 	Fresh Fitness	02 9369 2290 <a href="mailto:freshfitness@yahoo.com.au">freshfitness@yahoo.com.au</a>
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
Tai Chi	Evening and morning Tai Chi classes. All welcome	Bondi Beach	Bondi Pavilion, Queen Elizabeth Drive 	Bondi Community Cultural Centre	02 8362 3400 <a href="mailto:bondipav@waverley.nsw.gov.au">bondipav@waverley.nsw.gov.au</a>
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	Darling Point	McKell Park, 159 Darling Point Rd	Canonbury Cottage	02 9391 7959

	fitness. Wear comfortable clothes				
Tai Chi	Uses gentle exercise and Tai Chi and combines stretching, strength & balance	Watsons Bay	335 Old South Head Rd	The Gungah	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 <a href="mailto:woollsc@bigpond.net.au">woollsc@bigpond.net.au</a>
Walking	Regular walking groups for fitness and fun	Bondi Beach	113 Brighton Blvd	STEP INTO LIFE	02 9365 4077 <a href="mailto:nsw@stepintolife.com">nsw@stepintolife.com</a>
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.	Bondi Junction	Bondi Icebergs - by the pool, 1 Notts	Yoga By the Sea	0411 336 476 <a href="mailto:sashahawley@yahoo.com.au">sashahawley@yahoo.com.au</a>

Open to all, sauna and pool access included		Ave	
Yoga helps with flexibility and relaxation	Sydney	College St	Cook & Phillip Park Aquatic & Leisure Centre 02 9326 0444 <a href="mailto:info@cookandphillip.com.au">'info@cookandphillip.com.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.