

# BALWYN EVERGREEN CENTRE – EXERCISE TIMETABLE

DAY	TIME	CLASS	INSTRUCTOR	DESCRIPTION
<b>SIT for STRENGTH</b>			<b>[GENTLE]</b>	
Tuesday	1:45-2:45pm	<b>Seated Strength Exercise</b>		Gentle chair-based exercise using light hand weights and resistance bands. Improve mobility, range of motion and strength. Suitable for beginners and those who want to maintain their ability to perform day-to-day tasks.
Friday	11:00am	<b>Seated Strength Exercise</b>		
<b>SIT &amp; GET FIT</b>			<b>[MODERATE]</b>	
Monday	11:45am	<b>Strength &amp; Balance</b>		Chair based focusing on mobility and building muscular strength and endurance using hand weights and resistance bands. Component of balance challenge using a chair or wall mounted rails for support if needed.
Tuesday	11:00am	<b>Strength &amp; Balance</b>		
Tuesday	9:30am	<b>Challenge Your Balance</b>		Standing and seated exercises to reduce risk of falls by improving balance and strength
Wednesday	10:15am	<b>Strength Exercise</b>		Seated and standing exercises using hand weights, resistance bands and more. Stay fit and agile, work at a faster pace and stay stronger for longer
<b>BALANCE PLUS CHALLENGE</b>			<b>[FOR THE ACTIVE]</b>	
Monday	9.15am	<b>Zumba Gold</b>		Latin dance inspired workout; working muscles of the hips, legs

			and arms
Monday	10:30am	<b>Aerobics &amp; Strength</b>	30 mins easy to follow aerobic moves to music; 30 mins of strength training
Thursday	9:30am	<b>Movement to Music</b>	Light aerobics, increasing agility, endurance, balance and cognitive function.
Thursday	9:30am	<b>Men's Exercise</b>	Workout to stay strong, improve fitness, endurance, balance and flexibility
Friday	9:00am	<b>Tai Chi for Health</b>	Mind and body exercise with focus on control of movements and breathing.
	10:00am	<b>Tai Chi for Balance</b>	

DAY	TIME	PROGRAM	INSTRUCTOR
Thursday	11:00am	Shapeshifters Lady's Circuit	

Space is limited to 8 people, so book ahead.