

## WELLBEING AND MOVEMENT CLASSES AT BALWYN EVERGREEN CENTRE

Exercise at any age is worth the effort.

A tailored exercise program can help you stay strong and independent.

Stay Evergreen!

### Strength Training

What can Strength Training achieve?

- Strength training is particularly beneficial for older adults
- Strength training helps build strong muscles and bones
- Utilizes hand weights and resistance bands to increase strength from head to toe in a mix of chair-based and standing exercises
- Both gentle chair-based and more active sessions available
- Strength training can help keep you doing the things you love doing!

1-hour session:

Tuesday 1:45pm – 2:45pm (2 classes, one gentle and one active)

Wednesday 10:15am – 11:15am (2 classes, one gentle and one active)

Friday 11am – 12pm (Gentle)



### Strength & Balance

Why do a Strength & Balance Class at Balwyn Evergreen?

- Strength & Balance training can help reduce your risk of falls, slips and trips
- Improve your balance, strength and mobility
- Increase and maintain muscle strength
- Improve your confidence to move about independently
- Improve general health and wellbeing

Monday 11:45am – 12:45pm

Tuesday 9:30am – 10:30am

Tuesday 11am – 12pm



## Movement to Music

What can Movement to Music do for you?

- Movement to Music is a dance-based exercise class incorporating light aerobics, for those of any age, no dance experience necessary
- Dancing can help keep you moving, increase your agility, endurance, balance, flexibility and coordination
- Dancing has cognitive benefits through remembering routines, synchronizing steps and developing spatial awareness
- Dancing is an excellent way to support brain health, along with physical, emotional, spiritual and social well-being

Thursday 9:45am – 10:45pm



## Exercise to Music

What can Exercise to Music do for you?

- Exercise to Music is the complete package, combining gentle aerobics for cardio, balance work and strength training, all set to the beat
- Strength training helps build strong bones and muscles
- Improve your strength, stamina and balance, all whilst having fun!

Monday 10:30am – 11:30am



## Tai Chi for

Why join Tai Chi for Balance at Balwyn Evergreen?

- Tai Chi offers many health benefits, including increased strength, balance and cardiovascular health for all fitness levels
- Tai Chi helps increase bone density, engages the mind, sharpens concentration and helps relaxation
- Tai Chi for Balance is great for people who wish to increase their balance, those who are new to Tai Chi and those who are returning to exercise following hospital or rehab

Friday 9am – 10am (Intermediate)

Friday 10am – 11am (Beginner)

**Come join us after class for morning or afternoon tea and a chat.**



## Gym Circuit Training at Balwyn Evergreen



### Why choose the Balwyn Evergreen Gym?

- Evergreen's personal trainers are dedicated to each client, with tailored gym sessions to help you meet your goals
- Evergreen offers general and post-rehab gym options
- One-on-one personal training available by appointment

45-minute session:

Monday 1:45pm – 2:30pm

Thursday 11am – 11:45pm

Thursday 1:30pm – 2:15pm

Space is limited to 4 people, so please book ahead.

## Men's Exercise Group

Why join the Men's Exercise Group at Balwyn Evergreen?

- Men's Exercise is a strength training class that caters to all fitness levels
- Strength training is particularly beneficial for older adults
- Strength training helps build strong muscles and bones

- Utilizes hand weights and resistance bands to increase strength from head to toe
- Strength training can help you keep doing the things you love doing!
- A great social group. Stay after for a cuppa and a chat.

Thursday 9:30am – 10:30am



## Zumba Gold

What is Zumba Gold?

Zumba Gold is an easy to follow health-boosting dance fitness program for older adults. Zumba Gold is specifically designed to provide participants with a safe and effective total body workout. Anyone at any age can do it. And it's a lot of fun!

Monday 9:15am – 10:15am



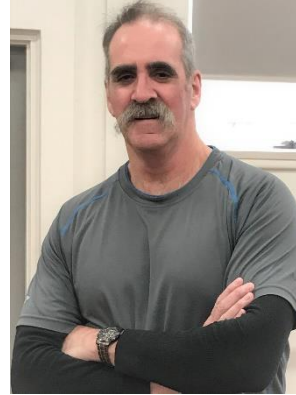
## Meet Our Qualified Trainers



**Connie Wong**  
Tai Chi for Balance  
Tai Chi for Health



**Meredith Read**  
Zumba Gold



**Tom Scott**  
Strength (Active)



**Simone Arndt**  
Exercise to Music  
Strength & Balance  
Gym



**Jon North**  
Men's Exercise Group  
Strength (Gentle)

Ask us about our  
Evergreen transport  
service.

