



# Directory Of Local Exercise Services

## ~ Classes, Groups and Programs

<b>WALKING</b>		
Sutherland Group Engadine Group Caringbah Group	Neighbourhood Walking Groups: For Seniors who can walk unaided. Walk at own pace. Set up under National Heart Foundation <i>Just Walk It</i> program and run by volunteers	<b>9521 8058</b> <b>9520 8195</b> <b>9525 2058</b>
Dept. of Sport & Recreation Contact for walks around Sydney	<i>Southern Pleasure Walkers &amp; St George Strollers</i> . Designed for 50+ and 1-2 hrs.	<b>131 302</b>
Heart Support Australia	Engadine, Heathcote & Cronulla	<b>9520 3208</b>
<b>WATER EXERCISE</b>		
Aqua aerobics, hydrotherapy, learn to swim etc. Classes suitable for seniors or beginners. Some classes are remedial. For people requiring extremely gentle activity.		
SHARE: Gentle Aqua Exercise		<b>9533 4422</b>
Burraneer Bay Swim & Fitness		<b>9524 8280</b>
Caringbah Leisure Centre		<b>9525 6777</b>
Cronulla Sports Complex		<b>9523 5842</b>
Engadine Squash Swim Centre		<b>9520 9938</b>
Bangor Leisure Centre		<b>9532 0999</b>
Sutherland Leisure Centre		<b>9545 2400</b>
<b>TAI CHI</b>		
Uses slow controlled and precise body movements to promote good co-ordination, balance and relaxation.		
Australian Academy of Tai Chi	Cronulla & Gymea	<b>9797 3555</b>
St George & Sutherland Community College	Jannali, Kogarah & Menai	<b>9528 3344</b>
SHARE	Miranda	<b>9533 4422</b>
Sutherland Shire Adult Leisure Learning		<b>9524 1844</b>
Sutherland Older Women's Program		<b>9523 9158</b>
<b>GENTLE EXERCISE</b>		
For people of all ages who are unaccustomed to physical activity.		
SHARE Provides gentle exercise and health education programs to the community. Programs run 8-10 weeks. Prices are low and concessions are available. Various locations.		<b>9533 4422</b>
Gentle Exercise Classes	Sylvania & Caringbah	
Light aerobics - low impact aerobics. Strength work with light hand weights.	Menai	
Light and low impact aerobics - moderate pace, some strength work with light hand weights	Jannali	
'Heart Moves'	Contact the National Heart Foundation HeartLine for local gentle exercise classes	<b>1300 362 787</b>
St George & Sutherland Community College	Various courses including Gentle Exercise, Gentle Aerobics, Exercise for Arthritis and	<b>9528 3344</b>

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	Osteoporsis, Pilates, Stretching and Strengthening classes.	
Sutherland Older Women's Program		9523 9158
Sutherland Shire Group of Physical Culture Ladies gentle exercise & stretch. Day and evening, Exercises can be done in chairs if required.	South Cronulla, Caringbah, Grays Point & Gymea.	9524 6010 9546 2245
YMCA Caringbah Gentle exercise, low impact aerobics, stretch, yoga, gentle strength.	Programs aimed at 40+ years.	9524 1800
Menai Community Centre	Gentle Exercise for over 40's	9543 5115
<b>YOGA</b>		
There are various forms of yoga, though each one essentially relies on postures held for a period of time and synchronised with the breath. It is non-competitive and suitable for anyone of all ages and fitness levels.		
Caringbah YMC A		9524 1800
Menai Community Centre		9543 5115
Gymea School of Yoga in Daily Life		9542 7677
Bundeena RSL		9523 6362
Nancy Wyles	Various locations including; Gymea and Taren Point	9540 1340
St George & Sutherland Community College		9528 3344
<b>STRENGTH TRAINING FOR SENIORS</b>		
Maintaining and increasing muscle strength can be achieved at any age.		
SHARE	Cronulla	9533 4422
St George Hospital	Menai, Miranda, Caringbah, Heathcote, Kirrawee	9350 1397
<b>PEOPLE WITH DISABILITY &amp; LIMITED MOBILITY</b>		
Gymea Community Hall	Gymea activity centre for visually impaired people (requires GP referral)	9526 2051
Southcare: • Combined Caring Centres	Includes bowls, gentle exercise, bus trips, etc. Transport provided. Contact Barbara Bourne for locations.	9525 6400
• Mobility Clinic	For clients that have experienced a recent decline in their mobility and have potential to improve. GP referral needed.	9540 7175
<b>TRANSPORT</b>		
Public transport timetables	Train, bus, ferry	131 500
Concessions	Seniors card	1300 364 758
	Pension card	13 23 00

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## SHIRE GPS COMMUNITY INITIATIVES

*Referral eligibility criteria applies.  
Please contact the Division on phone 9525 4011 prior to referring  
patients to these programs.*

GP Exercise Referral Scheme (to the Sutherland Leisure Centre)	Sutherland Leisure Centre, Rawson Ave Sutherland	<b>8536 9706</b> <b>Or 8536 9718</b>