

Move it or Lose it !!

Arthritis ACT Warm Water Exercise Program*

Warm water exercise is a popular, gentle and effective way to encourage reluctant arthritic joints to move. The warmth of the water helps relieve stiffness and pain, the buoyancy of the water give joints support and protection, while the resistance of the water improves muscle function.

Cost: \$5.20 per session

10 sessions held early mornings, evenings and Saturday afternoon at the Canberra Hospital Hydrotherapy Pool in GARRAN

3 Sessions at the Black Mountain School Pool
48 Dryandra Street, O'CONNOR
(*School terms only*)

Mon, Tues & Thurs 12.15pm-1.15pm

2 sessions at Club MMM at CISAC

100 Eastern Valley Way, BELCONNEN

Wednesday 12.30pm-1.30pm

Saturday 2.00pm-3.00pm

2 sessions Calvary John James Hospital

173 Strickland Crescent, DEAKIN

Monday 5.30pm-6.30pm

Thurs 5.30pm-6.30pm

Contact Arthritis ACT on 6288 4244

***Membership of Arthritis ACT, a Medical Clearance and pre-purchased tickets are required prior to participation.**

Other Exercise Options in the Community

Tai Chi Classes (*School terms only*)

Tai Chi will help you....relax, improve your concentration & circulation, strengthen your body, improve your flexibility.

Weston Creek Community Centre

Monday 10.30am-11.30am (Intermediate)

Thursday 9.30am-10.30am (Intermediate)

Cost: \$10 per session or \$90 for 10 week term

Contact: 6288 1144

Villagio Sant' Antonio

Burkitt Street, PAGE

Wednesday 9.30-10.30am & 11.15am -12noon

Cost: \$7 per session

Contact: Elizabeth Halfnights 6249 7063

Woden Senior Citizen's Club

Corinna Street, WODEN

Wednesday 7.30am-8.30am

Thursdays 2.00pm-3.15pm

Cost: \$5 per session *for club members*

Contact: 6282 2573

or Elizabeth Halfnights 6249 7063

Belconnen Community Centre

Swanson Court, BELCONNEN

Taoist Tai Chi - Beginners

Tuesdays 2.30pm-4.00pm Sports Hall

Cost: One off registration fee \$30 / \$27 *conc.*

Members can attend any class in the ACT

Contact: 6249 6117

www.bcsact.com.au

Weston Creek Uniting Church

Parkinson Street, WESTON

Friday 12.30pm-1.30pm

Cost: \$3 per session

Contact: Elizabeth Allinson 6278 4103

Uniting Church Wattle Park, HALL

Tuesdays 2.15pm-3.30pm

Fridays 9.30am-10.30am *Beginners*

Cost: \$5 per session or \$35 per term

Contact: Elizabeth Allinson 6278 4103

Tai Chi Academy

Various locations throughout the ACT

(*Amaroo, Aranda, Barton, Dickson, Kaleen, Wanniasa, Weston & Woden*)

Cost: \$150 or \$140 cons per 10 week term

(*DVD & book included*)

Contact: 6296 1357

www.taichiacademy.com.au

Hughes Community Centre

Wisdom Street, HUGHES

Tai Chi classes for Seniors of the Yang style

Fridays 10.00am-11.00am

Cost: \$4 per session

Contact: Mardi Miller 6281 2913 or just turn up and ask for Margaret or Dell

Yoga Classes

Dru Yoga is a simple and effective form of exercise that harmonises the body, heart and mind. It will enable you to unlock energy, manage stress and harness your inner strength.

Weston Creek Community Centre

Saturday 8.45am-10.15am

Cost: \$13 per session or \$130 per term

Conc: \$11 per session or \$100 per term

Contact: 6288 1144

MS Society (Gloria McKerrow House)

117 Denison Street, DEAKIN

Wednesday 5.45pm-7.15pm (*School terms*)

Cost: \$15 per class paid on a casual basis and the class is for people with a chronic illness.

Contact: 6234 7035

Canberra Yoga Centre

The Pearce Centre, Collett Place, PEARCE

Monday 6.30pm-8.30pm,

Thursday 9.15am-11.15am & 6.30pm – 8.00pm &

Saturday 8.00am-9.30am

Cost: \$150 for 10 week term or \$18 for 2hrs

\$130 for 10 week term or \$15 for 1.5hr class

Contact: Jan-Maree Stewart 6286 7134

Scullin Community Hall

Humpy Hall, Frewin Place, SCULLIN

Thursday 9.30am-11.00am

Cost: \$16 per session (\$14 concession)

Contact: Shirley Campbell 6251 5472

Community Centres

Weston Creek Community Centre

Parkinson Street WESTON

Gentle Exercise & Mature Fitness Classes

Tuesday, Wednesday & Friday *every week*

9.30am-10.30am

Zumba Gold classes

Monday 1.00pm-2.00pm

Cost: \$6.00 per class

Contact: 6288 1144

Belconnen Community Centre

Swanson Court BELCONNEN

Various classes including Mature Fitness, Weights, Aerobics (Low Impact & Circuit), Stretch & Flex, Weights Plus, Fun Fitness.

Cost: \$8.50 per session or \$6.50 *concession*

Contact: 6264 0232

Keenagers @ MPowerDome

56 Coyne Street, FADDEN

Run a physical activity program designed for people aged 50 – 90 called Keenagers

Falls Prevention: Core Strength & Stretching

Mpower Age: Balance, Mobility & Flexibility

Mpower Up: Strength & Conditioning

Heartmoves (*Low to moderate*) for those who have not done any exercise in a while

Contact: 6298 5500

or visit www.mpowerdome.com.au

YMCA

YMCA Chifley Health & Fitness Centre

cnr Eggleston Cres & Maclaurin St, CHIFLEY

Contact: 6281 0124

Gym, personal training & a range of exercise classes for people with mobility limitations.

YMCA Chifley Health & Fitness Centre

- **Ever Active:** Group class for functional fitness using non-machine based equipment. Monday to Thursday 9.15am-10.15am+Mon 10:30am-11:30am, Friday 9:30am-10:30am
- **Y's Weights** (Gym based) group format using machine or weight based equipment focusing on functional strength and conditioning. Monday 11.00am-12 noon, Tuesday 9.30am-10.30am, Wednesday 11.00am-12 noon, Thursday 9:30am-10:30am & 11.00am-12.00
- **Stretch Class** Wednesday 10.30am-11.30am
- **Tai Chi for Falls Prevention** Tuesday 10.30am–11.30am \$10 per class
- **Body Balance** Thursday 7.00pm-8.00pm
Cost: \$10.00 a session on casual basis

Belconnen Community Centre

YMCA 60+ Weights

Wednesday 9.00am – 10.00am

Friday 10.00am–11.00am

Cost: \$6.50 *concession*

Contact: 6264 0232

YMCA also run “Off-Site” Community Fitness Programs across Canberra:

South Canberra: Curtin, Forrest, Kingston, Narrabundah, Pearce, Weston and Woden.

North Canberra: Kippax, Dickson, Cook, Belconnen, Kaleen, Gungahlin, Hackett, Turner.

For further information phone 6281 0124

or visit the YMCA Website

www.canberra.ymca.org.au