

AGESTRONG CLASSES LIST (JULY 2025)


List of Agestrong classes run across the Agestrong Network.

Agestrong is a strength and balance group exercise program developed by Peninsula Health for older adults, run in collaboration with partner organisations across the Agestrong Network.

Please contact the relevant class provider organisation for further details.





Agestrong Classes (Intermediate)

Below are the **intermediate level** classes.

FRANKSTON AND SURROUNDS				
VENUE	CLASS TIMES	TRANSPORT SUPPORT	NOTES	RUN BY
Frankston North Community Centre 26 Mahogany Ave, Frankston North	Mon 10.45am Wed 9.30am & 10.45am	Class fee waived if client accesses class by taxi.		
Frankston South Recreation Centre 55 Towerhill Rd, Frankston South	Wed 10.30am Wed 11.30am	^Limited council transport for eligible clients - 9784 1933	Closed to new referrals	
Belvedere Community Centre 151 East Road, Seaford	Mon 11.00am Mon 1.00pm Wed 11:00am Thu 11.00am			
Carrum Downs - Lyrebird Community Centre 203 Lyrebird Drive, Carrum Downs	Mon & Fri 9.00am, Mon & Fri 10.15am Mon & Fri 11.30am	Class fee waived if client accesses class by taxi.		
Karingal PLACE 103 Ashleigh Ave, Frankston	Fri 9.20am Fri 10.20am		Closed to new referrals	
Langwarrin Community Centre 2 Lang Rd, Langwarrin	Tue & Thu 9.30am Tue & Thu 10.45am			
Patterson Lakes Community Centre 54-70 Thompson Road, Patterson Lakes	Tue 10.15am & 11.30am Thu 10.15am & 11.30am	Class fee waived if client accesses class by taxi.		
MORNINGTON				
Civic Reserve Recreation Centre 350 Dunns Road, Mornington	Tue 1.00pm Thu 1.00pm	Peninsula Transport Assist subsidised transport available. 9708 8241 for info.		
WESTERN PORT				
Hastings Pelican Park Rec Centre Marine Parade, Hastings	Mon 12.00pm Wed 12.00pm	TEMPORARY RELOCATION* Hastings Community Hub (1973, Frankston Flinders Road, Hastings)		
Somers Pavilion 68 Camp Hill Road, Somers	Thu 11.00am			
Somerville Recreation Centre 14 Edwards St, Somerville	Tue 11.15am Thu 11.15am			
SOUTHERN PENINSULA				
Balnarring Hall 3035 Frankston-Flinders Rd, Balnarring	Tue 10.30am			
Flinders Civic Hall 54-56 Cook Street, Flinders	Tue 11am			
Rosebud Senior Citizens Centre 121 Ninth Avenue, Rosebud	Wed 9.30am Wed 11.00am (Combined chair & entry level)	Class fee waived if client accesses class by taxi.		
Rosebud Memorial Hall Nepean Highway, Rosebud	Wed 1:30pm			
YAWA Aquatic Centre 100 Besgrove Street, Rosebud	Tue 1.00pm & 2.30pm	Class fee waived if client accesses class by taxi.		
Safety Beach Sailing Club Marine Drive, Safety Beach	Tue 9.30am & 11.00am	Class fee waived if client accesses class by taxi.		




Agestrong Classes (Fundamental)

Below are the **fundamental/chair based level** classes.

FRANKSTON AND SURROUNDS				
VENUE	CLASS TIMES	TRANSPORT SUPPORT	NOTES	RUN BY
Frankston North Community Centre 26 Mahogany Ave, Frankston North	Mon 9.30am (chair based)	Class fee waived if client accesses class by taxi.		
MORNINGTON				
Civic Reserve Recreation Centre 350 Dunns Road, Mornington	Thu 2.00pm (chair-based)	Peninsula Transport Assist subsidised transport available. 9708 8241 for info.		
WESTERN PORT				
Hastings Pelican Park Rec Centre Marine Parade, Hastings	Mon 1.00pm (chair-based)			
SOUTHERN PENINSULA				
Rosebud Senior Citizens Centre 121 Ninth Avenue, Rosebud	Wed 11.00am (Combined chair & entry level)	Class fee waived if client accesses class by taxi.		

Agestrong Classes (Advanced)

Below are the **advanced level** classes.

FRANKSTON AND SURROUNDS				
VENUE	CLASS TIMES	TRANSPORT SUPPORT	NOTES	RUN BY
Patterson Lakes Community Centre 54-70 Thompson Road, Patterson Lakes	Tue 9am Thu 9am	Class fee waived if client accesses class by taxi.		
MORNINGTON				
Civic Reserve Recreation Centre 350 Dunns Road, Mornington	Tue 2pm	Peninsula Transport Assist subsidised transport available. 9708 8241 for info.		
WESTERN PORT				
Hastings Hall 3 High Street, Hastings	Thu 9:30am	TEMPORARY RELOCATION* Bittern Hall (2426 Frankston-Flinders Road, Bittern)		
SOUTHERN PENINSULA				
Unavailable				N/A

Updated July 2025

All participants require an assessment with Peninsula Health before starting a class. This assists the clinician (exercise physiologist or physiotherapist) determine a suitable class level for you & inform the class leader of any medical conditions, previous injuries or exercise limitations. You may be asked to get medical clearance from your GP (a form can be provided to you at your assessment).

At Peninsula Health, a My Aged Care (MAC) referral may be required & consumers attend one class per week; subject to availability & you may be placed on a waitlist. Please discuss with your referring clinician or contact ACCESS on 1300 665 781

Agestrong exercise classes are run in partnership by:

Peninsula Health, Frankston City Council, Belgravia Leisure, Belvedere Community Centre and Langwarrin Community Centre

