










AGESTRONG NETWORK CLASSES LIST

(OCTOBER 2025)

List of Agestrong classes co-ordinated within the Agestrong Network.

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

The group focuses on simple resistance training exercises using dumbbells, ankle weights and resistance bands to work the major muscle groups in the body, in an effort strengthen the muscles we use for everyday activities such as getting out of a chair, walking, lifting shopping, etc. A selection of gentle balance exercises are also included to help you keep steady on your feet.

NORTHERN PENINSULA (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) 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	
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 9am (advanced) Tue 10.15am & 11.30am Thu 9am (advanced) Thu 10.15am & 11.30am	Class fee waived if client accesses class by taxi.		
SOUTHERN PENINSULA				
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.		
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.		

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 and Langwarrin Community Centre



EXTERNAL AGESTRONG CLASSES LIST

(as at October 1st 2025)

List of Agestrong classes run external to the Agestrong Network.

Subject to change. Please contact the relevant class provider organisation for further details.

Conditions including but not limited to; costs, eligibility and processes may differ and are subject to each organisations policies.

CONTACT BELVEDERE COMMUNITY CENTRE

PH: 9776 8922

FRANKSTON AND SURROUNDS

Belvedere Community Centre 151 East Road, Seaford	Mon 11.00am Wed 11:00am Thu 11.00am	Requires membership and referral from GP and / or Allied Health professional
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CONTACT BELGRAVIA LEISURE

Mornington (PH: 5975 7434), Somerville (8727 8970), Hastings, Balnarring, Rosebud (Hall) & Somers (5974 7800)

MORNINGTON

Civic Reserve Recreation Centre 350 Dunns Road, Mornington	Tue 1.00pm Tue 2.00pm Thu 1.00pm Thu 2.00pm (chair based)	
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WESTERN PORT

Hastings Pelican Park Rec Centre Marine Parade, Hastings	Mon 12.00pm Mon 1.00pm (chair based) 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	
Hastings Hall 3 High Street, Hastings	Thu 9:30am	TEMPORARY RELOCATION* Bittern Hall (2426 Frankston-Flinders Road, Bittern)

SOUTHERN PENINSULA

Balnarring Hall 3035 Frankston-Flinders Rd, Balnarring	Tue 10.30am	
Flinders Civic Hall 54-56 Cook Street, Flinders	Tue 11am	
Rosebud Memorial Hall Nepean Highway, Rosebud	Wed 1:30pm	