

Venue	Chair-based	Entry	Advanced
Patterson Lakes Community Centre 54-70 Thompson Rd, Patterson Lakes		Tue & Thu 10.15am Tue & Thu 11.30am	Tue & Thu 9.00am
Langwarrin Community Centre 2 Lang Rd, Langwarrin		Fri 10.45am	Wed & Fri 9.30am Wed 10.45am
Carrum Downs Lyrebird Community Centre 203 Lyrebird Drive, Carrum Downs		Mon & Fri 9.00am Mon & Fri 10.15am Mon & Fri 11.30am	
Frankston North Community Centre 26 Mahogany Ave, Frankston North		Mon & Wed 10.45am	Mon & Wed 9.30am
Karingal PLACE 103 Ashleigh Ave, Frankston		Mon & Thu 10.30am	
Frankston Community Rehab Centre Building 2, 125 Golf Links Rd, Frankston		Tue 9.30am Thu 9.00am	Tue 11.00am
Frankston SAI Home and Comm Care 411 Nepean Highway, Frankston		Mon & Thu 9.30am Mon & Thu 11.00am	
Frankston South Rec Centre 55 Towerhill Rd, Frankston South	Mon 12.30pm	Mon, Wed, Fri 10.30am Mon, Wed, Fri 11.30am	
Mornington Civic Reserve Rec Centre 350 Dunns Road, Mornington	Thu 2.00pm	Thu 12.45pm Fri 12.05pm	Fri 1.00pm
Hastings Pelican Park Rec Centre Marine Parade, Hastings	Mon 2.30pm	Mon 1.30pm	Mon 12.00pm
Hastings Hall 3 High Street, Hastings			Thu 9.30am
Somerville Recreation Centre 14 Edwards St, Somerville		Tue 9.20am Thu 10.30am	
Flinders Hall, 54 Cook Street, Flinders		Tue 10.30am	
Safety Beach Sailing Club Marine Drive, Safety Beach		Tue & Fri 11.00am	Tue & Fri 9.30am
Somers Pavilion 68 Camp Hill Road, Somers		Thu 11.00am	
Rosebud Senior Citizens Centre 121 Ninth Avenue, Rosebud		Mon & Wed 11.00am	Mon & Wed 9.30am
Rosebud Bayview Church 1 Inglewood Crescent, Rosebud		Tue 1.00pm Tue 2.30pm	
Rosebud Community Health Centre 38 Braidwood Ave, Rosebud	Thu 10.30am		
Rosebud Memorial Hall Nepean Highway, Rosebud	Wed 2.00pm (combined with entry)	Wed 2.00pm	Wed 1.00pm
Blairgowrie Community Hall 8 William Rd, Blairgowrie		Mon, Wed, Fri 1.30pm Tue 11.00am	

Chair-based: All exercises will be done from a seated position.

Entry: All groups have the option to do the exercises from a seated position if needed.

Advanced: For people who have participated in an entry level group.

To enrol in a group contact Access, Peninsula Health on 1300 665 781

An intake worker will book you in for an assessment with a Physiotherapist or Exercise Physiologist. This will be at your local Community Health Centre (Rosebud, Frankston, Hastings or Mornington).

If you have a history of heart disease, high blood pressure, suffer severe breathlessness, or experience chest pain, you will also need your GP to fill in a form. The intake worker will send you the form.

Updated February 2019.