

## AREA 3

Mornington,  
Mount Martha, Moorooduc



PHYSICAL ACTIVITY	GENERAL EXERCISE GROUP								
Group Information	Time	M	T	W	T	F	Where	Phone	Price
<b>SUPERVISED GYM</b> Older adult strength training program in the gym. Individual programming orientation required prior to class.	<b>Mon, Tue, Thu, Fri</b> <b>8am to 11am</b>  <b>Mon - Fri</b> <b>4pm to 9pm</b>	X	X	X	X	X	Civic Reserve Recreation Centre 350 Dunns Road Mornington	5975 0133	\$7 per session
<b>PRIME FUSION</b> Aerobics, fitness, strength, balance, pilates. Need GP Clearance.	8.10am	X		X		X	Civic Reserve Recreation Centre 350 Dunns Road Mornington	5975 0133	\$12.50 casual
<b>PRIME CIRCUIT</b> Strength, balance, aerobics and stretching. Need GP Clearance.	8.10am		X		X		Civic Reserve Recreation Centre 350 Dunns Road Mornington	5975 0133	\$12.50 casual

PHYSICAL ACTIVITY	LEISURE								
Group Information	Time	M	T	W	T	F	Where	Phone	Price
<b>CROQUET FREE TRY FOR INTEREST/RECREATION</b> Opportunity to trial the game. Cup of tea afterwards. Flat shoes needed.	Contact for times						Civic Reserve Recreation Centre Dunns Road Mornington	9787 1039	Free

PHYSICAL ACTIVITY	DANCING								
Group Information	Time	M	T	W	T	F	Where	Phone	Price
<b>MONTANA LINE DANCING</b> Low impact line dancing, all ages welcome, no partner needed. Tea and coffee supplied. Weekly door prizes. Good balance required.	<b>10am (Beginners)</b>  <b>11am (Intermediate)</b>		X				Moorooduc Hall Cnr Derril & Bentons Roads Moorooduc	5975 0118	\$10 per session

PHYSICAL ACTIVITY	INDIVIDUALLY TAILORED EXERCISE									
	Group Information	Time	M	T	W	T	F	Where	Phone	Price
<p><b>EXERCISE PHYSIOLOGY GROUP</b></p> <p>Exercise Physiology Groups are prescribed and run by qualified Exercise Physiologists aimed at: Improving Cardiovascular Health, Type 2 Diabetes, Chronic conditions in a gentle small group atmosphere. All fitness levels and ages welcome. Medical clearance and individual assessment required.</p>	<p><b>Contact for times</b></p>							<p>PACE Exercise Physiology Mornington Rear 103 Main Street Mornington</p>	5973 6109	<p>1hr \$35 casual. 30min \$17.50 casual. Discounts available for pensioners and multiple session.</p>
<p><b>EXERCISE PHYSIOLOGY GROUP</b></p> <p>Exercise Physiology Groups are prescribed and run by qualified Exercise Physiologists aimed at: Improving Cardiovascular Health, Type 2 Diabetes, Chronic conditions in a gentle small group atmosphere. All fitness levels and ages welcome. Medical clearance and individual assessment required.</p>	<p><b>Mon, Wed &amp; Fri 10am</b></p> <p><b>Mon 6pm</b></p> <p><b>Tues &amp; Thurs 6pm</b></p>	X	X	X	X	X		<p>PACE Exercise Physiology Suite 5/34 Lochiel Avenue Mount Martha</p>	5974 3147	<p>Casual - \$35 per hour Pensioner - \$30 per hour Pack - \$150 for 5 sessions paid in advance</p>
<p><b>MS GYM</b></p> <p>Tailored gym program modified to meet the needs of people who have suffered a stroke, have lung problems or MS. Physio assessment required, contact Access to book in at your local Community Health Centre.</p>	<p><b>11am</b></p>		X					<p>Civic Reserve Recreation Centre 350 Dunns Road Mornington</p>	5975 0133	\$7 per session
<p><b>LUNGS IN ACTION</b></p> <p>A group exercise program for people with respiratory problems. Everyone has an individualised program including strength training and cardiovascular exercise. Must have completed a Pulmonary Rehab Program and undergo assessment.</p>	<p><b>Tue 10am</b></p> <p><b>Wed &amp; Thu 1.30pm</b></p>		X	X	X			<p>Civic Reserve Recreation Centre 350 Dunns Road Mornington</p>	5975 0133	\$7 per session
<p><b>STROKE CIRCUIT TRAINING</b></p> <p>Exercise program suitable for participants who have suffered a stroke. Physio assessment required, contact Access to book in at your local Community Health Centre.</p>	<p><b>12.15pm</b></p>		X					<p>Civic Reserve Recreation Centre 350 Dunns Road Mornington</p>	1300 665 781	\$7 per session

PHYSICAL ACTIVITY	INDIVIDUALLY TAILORED EXERCISE								
Group Information	Time	M	T	W	T	F	Where	Phone	Price
<p><b>EXERCISE PHYSIOLOGY</b></p> <p>Group exercise for improved strength, fitness, balance and mobility. All classes run by medically trained Exercise Physiologists and individualised for the client. Group classes are aimed to improve chronic health conditions while improving confidence and ability to perform daily tasks. Assessment from our Exercise Physiologist required.</p>	3pm	X					Beleura Health Solutions - Mornington 945 Nepean Hwy Mornington	5976 2212	\$13-\$19 per session
<p><b>INDIVIDUALISED GROUP PROGRAMS</b></p> <p>Personalised classes with a maximum of 4 participants, classes available include: Pilates, Strengthen and Stretch, Older Adults. Initial consult required \$95.</p>	Contact for times						Bayside Osteopathic Clinic 941 Nepean Hwy Mornington	5977 0466	1 hour: \$95, 45min \$75, 30min \$65, private health rebates may apply.
<p><b>KICKSTART</b></p> <p>A 6 week program designed to improve your confidence to engage in physical activity. It is suitable for people with a chronic disease or at risk of developing a chronic disease. Physio assessment required, contact Access to book in at your local Community Health Centre.</p>	Contact for times						Mornington Community Health 62 Tanti Avenue Mornington	1300 665 781	\$5 per session
<p><b>LIFE PLUS PROGRAM</b></p> <p>An 8 week physical activity and lifestyle program for people with, or at risk of diabetes, heart disease and stroke. The program includes an exercise program and education.</p>	Contact for times						Mornington Community Health 62 Tanti Avenue Mornington	1300 665 781	Depends on eligibility
<p><b>PULMONARY REHAB PROGRAM</b></p> <p>An 8 week education and exercise course for people with chronic lung disease. Includes a pre and post assessment. Must be diagnosed with respiratory conditions. Preferable to have a referral and a recent lung function test. Physio/Exercise Physiologist Assessment.</p>	Contact for times, two sessions per week						Mornington Community Health 62 Tanti Avenue Mornington	1300 665 781	\$5 per session.  \$15 for course book (optional)

PHYSICAL ACTIVITY	GENTLE EXERCISE								
Group Information	Time	M	T	W	T	F	Where	Phone	Price
<p><b>TAI CHI FOR HEALTH</b> Specially designed Tai Chi movements for people with arthritis. Further development of skills learnt in intermediate classes. Self medical assessment required (and review by physio if required).</p>	<p><b>9.30am</b> (Beginners &amp; Intermediates)</p> <p><b>11am</b> (Advance &amp; Maintenance)</p>	<b>X</b>					Mornington Masonic Lodge Cnr Barkly Street & Eastern Ring Road Mornington	5970 2000	\$45 per term
<p><b>BODY BALANCE - OVER 55'S.</b> Yoga/Tai Chi/Pilates workout that builds flexibility and strength. Moves and poses to music create a holistic workout that brings the body into a state of harmony and balance. GP certificate required, Initial Assessment (costs \$20).</p>	<p><b>Mon</b> <b>10.40am</b></p> <p><b>Tue &amp; Thu</b> <b>6.30pm</b></p>	<b>X</b>	<b>X</b>		<b>X</b>		Optima Health & Fitness 36 Milgate Drive Mornington	5976 4000	<p>\$7.50 per class</p> <p>10 visit pass \$70</p>
<p><b>PILATES - OVER 55'S</b> Pilates exercises. GP certificate required, Initial Assessment (costs \$20).</p>	<p><b>9.20am</b></p>		<b>X</b>				Optima Health & Fitness 36 Milgate Drive Mornington	5976 4000	<p>\$7.50 per class</p> <p>10 visit pass \$70</p>
<p><b>YOGA - OVER 55'S</b> Gentle yoga exercises. GP certificate required, Initial Assessment (costs \$20).</p>	<p><b>Wed &amp; Fri</b> <b>10.40am</b></p> <p><b>Sat &amp;Sun</b> <b>10am</b></p>			<b>X</b>		<b>X</b>	Optima Health & Fitness 36 Milgate Drive Mornington	5976 4000	<p>\$7.50 per class</p> <p>10 visit pass \$70</p>
<p><b>TAI CHI</b> Gentle Tai Chi and Qigong for beginners, intermediate and advanced.</p>	<p><b>11.30am</b></p>	<b>SATURDAY</b>					Currawong Community Hall 5-17 Currawong Street Mornington	9889 9999	<p>\$150 per term (Conc \$140) \$25 casual</p>
<p><b>GENTLE HATHA YOGA WITH ANNIE</b> Gentle yoga. Suitable for all levels and ages.</p>	<p><b>9.30am</b></p>	<b>X</b>					Angel Yoga 27 Bradford Road Mount Martha	0414 599 455	\$20 casual
<p><b>YIN WITH ANNIE</b> Gentle floor based yoga class, with poses held. Suitable for all levels and ages.</p>	<p><b>9.30am</b></p>					<b>X</b>	Angel Yoga 27 Bradford Road Mount Martha	0414 599 455	\$20 casual

PHYSICAL ACTIVITY	STRENGTHENING PROGRAM								
Group Information	Time	M	T	W	T	F	Where	Phone	Price
<p><b>LIVING LONGER LIVING STRONGER</b></p> <p>This COTA program is designed to improve strength. It is conducted in a gym using a variety of equipment. An orientation session is essential (bookings essential).</p>	<p><b>Mon, Wed &amp; Fri 11am &amp; 12.05pm</b></p> <p><b>Tue 7.45am &amp; 8.50am</b></p>	X	X	X		X	Civic Reserve Recreation Centre 350 Dunns Road Mornington	5975 0133	\$7 per session
<p><b>STAY ON YOUR FEET - AGESTRONG</b></p> <p>An Agestrong group strength and balance program for people who no longer feel confident to exercise due to falls, health conditions or low confidence. Physio assessment required, contact Access to book in at your local Community Health Centre.</p>	<p><b>Thu 12.45pm</b></p> <p><b>Fri 12.05pm</b></p>				X	X	Civic Reserve Recreation Centre 350 Dunns Road Mornington	1300 665 781	\$7 per session
<p><b>STAY ON YOUR FEET (CHAIR BASED) AGESTRONG</b></p> <p>An Agestrong group strength and balance program for people who no longer feel confident to exercise due to falls, health conditions or low confidence. Physio assessment required, contact Access to book in at your local Community Health Centre.</p>	<p><b>2pm</b></p>				X		Civic Reserve Recreation Centre 350 Dunns Road Mornington	1300 665 781	\$7 per session
<p><b>LIGHT, LOW AND TONED - OVER 55'S</b></p> <p>Strength training to improve strength, mobility, balance, gait and flexibility. Targeted at over 55. GP certificate required, Initial Assessment (costs \$20)</p>	<p><b>12pm</b></p>		X	X	X	X	Optima Health & Fitness 36 Milgate Drive Mornington	5976 4000	<p>\$7.50 per class</p> <p>10 visit pass \$70</p>

PHYSICAL ACTIVITY	WATER EXERCISE								
Group Information	Time	M	T	W	T	F	Where	Phone	Price
<p><b>AQUACISE</b></p> <p>Simple rhythmic water exercise &amp; stretching. GP certificate required if underlying condition.</p>	<p><b>1pm</b></p>	X	X	X			Kings Swim Centre 5 St Catherines Court Mornington	5975 0777	<p>Casual - \$14.50</p> <p>Book of 10 - \$112</p> <p>Book of 20 - \$195</p>
<p><b>AQUA AEROBICS</b></p> <p>Aqua aerobics, gentle movement in water, work at your own pace.</p>	<p><b>2.30pm</b></p>		X		X		Mount Martha Swim Centre 62 Forest Drive Mount Martha	5974 3400	<p>\$10 per session (\$90 for book of 10)</p>

PHYSICAL ACTIVITY	CYCLING								
Group Information	Time	M	T	W	T	F	Where	Phone	Price
<b>BICYCLE USER GROUP - MORNINGTON</b> Bring your bike along for a group ride on undulating terrain.	10am			X			Meet at Civic Reserve Recreation Centre 350 Dunns Road Mornington	5975 0133	Free

PHYSICAL ACTIVITY	WALKING GROUPS								
Group Information	Time	M	T	W	T	F	Where	Phone	Price
<b>WALKING GROUP - MORNINGTON LIBRARY</b> An outdoor walk suitable for all abilities.	10am		X				Meet at Mornington Library Vancouver Street Mornington	5975 0133	Free
<b>BENTONS WALKING GROUP</b> Indoor walk through the shopping centre.	7.45am		X				Bentons Square Shopping Centre Cnr Bentons & Dunns Roads Mornington	5973 5331	Free
<b>MORNINGTON CENTRAL WALKS</b> A free and social walking group. Safe indoor walking environment, walk at own pace, exercise stations included, suitable for older people.	7.45am				X		Mornington Central Shopping Centre 78 Barkly Street Mornington	5976 1299	Free
<b>BOC SOCIAL WALKING GROUP</b> Free social walking group, run by an Exercise Physiologist from Bayside Osteopathic Clinic. Must complete a pre-exercise screening form.	9am				X		Matthew Flinders Memorial Statue Mornington Park Mornington	5977 0466	Free
<b>WALK AND TALK PROGRAM</b> Break off into smaller groups (Brisk/Slower, variable distances). Dogs on leads welcome. Need to be independently mobile.	9.15am	X		X		X	Begin at Mount Martha Community Learning Centre Cnr Esplanade & Dominion Roads Mount Martha	5974 2297	Free

COMMUNITY HOUSES		Where	Phone	Club Email & Website
Centre Name				
<b>BENTONS SQUARE COMMUNITY CENTRE</b>	145 Bentons Road Mornington	5977 2468	communitycentre@bentonssquare.org.au www.bentonssquare.org.au	
<b>MORNINGTON COMMUNITY CONTACT</b>	9-11 Albert Street Mornington	5975 4772	mcci@satlink.com.au www.mcci.acfe.vic.edu.au	

<b>SENIORS GROUPS</b>			
<b>Group Information</b>	<b>Where</b>	<b>Phone</b>	<b>Club Email &amp; Website</b>
<b>MORNINGTON SENIOR CITIZENS CENTRE</b> Bowls, Bingo, Scrabble, Computer Classes, Dancing, Outings.	Mornington Senior Citizens Club 11 Flinders Drive Mornington	5975 3688	
<b>NATIONAL SENIORS AUSTRALIA - MORNINGTON PENINSULA</b> Social and community activities, guest speakers.	Benton Square Community Centre Bentons Road Mornington	Jill 5975 3866	jillfalla@hotmail.com
<b>UNIVERSITY OF THE THIRD AGE (U3A)</b> With more than 200 courses, members enjoy a wide range of classes and social activities in a relaxed environment.	Currawong Community Centre Currawong Street Mornington	5975 9773	office@u3amornington.org.au www.u3amornington.org.au
<b>MORNINGTON CIVIC BOWLS &amp; SOCIAL CLUB</b>	Civic Reserve 350 Dunns Road Mornington	5975 7434	www.morningtoncivicbowls.com.au morncivic@gmail.com
<b>MORNINGTON BOWLING CLUB INC.</b>	The Esplanade Mornington	5975 2470	info@morningtonbowlingclub.org www.morningtonbowlingclub.org
<b>MORNINGTON CROQUET CLUB INC.</b>	Civic Reserve 350 Dunns Road Mornington	5976 1318	morningtoncroquetclub@gmail.com
<b>MOUNT MARTHA SENIOR CITIZENS CLUB</b> Indoor bowls, cards, games, outings, trips, BBQ.	Mount Martha House Cnr Dominion Road & Esplanade Mount Martha	5975 2542	
<b>MOUNT MARTHA BOWLS &amp; SOCIAL CLUB INC.</b>	45 Watson Road Mount Martha	5974 2894	mmbowls@mmbcinc.com.au www.sites.google.com/site/mountmarthabowlsandsocialclub

<b>COMMUNITY GARDENS AND MENS SHEDS CONTACTS</b>			
<b>Centre Name</b>	<b>Where</b>	<b>Contact Email</b>	<b>Contact Name</b>
<b>MORNINGTON COMMUNITY GARDEN</b>	43 Mitchell Street Mornington	dig-itcomgarden@hotmail.com	Pauline Greenwell
<b>MORNINGTON MEN'S SHED</b> Social space at 91A Wilson Road, Mornington	43 Mitchell Street Mornington (workshop)	secretary@morningtonmensshed.com.au	Arie De Wit
<b>NEW PENINSULA MEN'S SHED</b>	370 Craigie Road Mount Martha	andrewdoncovio@gmail.com	Andrew Doncovio
<b>MORNINGTON RAILWAY MEN'S SHED</b>	460 Moorooduc Highway Moorooduc	Secretary@morningtonrailway.org	Geoff Blake