



AREA 4

Balnarring, Crib Point, Hastings,
Somers, Somerville, Tyabb

PHYSICAL ACTIVITY	GENERAL GROUP EXERCISE									
Group Information	Time	M	T	W	T	F	Where	Phone	Price	
PRIME MOVERS A low impact class designed to increase cardiovascular fitness, balance and coordination.	Tue 10.30am Thu 9.20am		X		X		Somerville Health & Fitness Studio Shop 1/13 Eramosa Road West Somerville	1300 850 197	\$7 per session	
BODYPUMP Les Mills body pump designed to increase muscular tone, while burning up to 600 calories! BYO towel and drink bottle.	Monday 9:10am & 5:30pm Wed 5:30pm Friday 9:10am Sat 8:05am	X		X		X	Somerville YMCA 55 Grant Road Somerville	5977 7711	\$15 per session	
		SATURDAY								
FUNCTIONAL FIT Functional weights class designed to recompose the body. BYO towel and drink bottle.	6am			X			Somerville YMCA 55 Grant Road Somerville	5977 7711	\$15	
BOXING BOOTCAMP A combination of high intensity boxing, Bootcamp, and circuit classes which aim to burn as much body fat as possible. BYO towel and drink bottle.	6.30pm	X	X	X	X		Somerville YMCA 55 Grant Road Somerville	5977 7711	\$15	
CIRCUIT For the beginner to the advanced. A variety of exercises that will leave you feeling great and wanting more. BYO towel and drink bottle.	Wed 6.05am Thu 9.10am			X	X		Somerville YMCA 55 Grant Road Somerville	5977 7711	\$15 per session	
PRYME MOVERS A modified exercise program for older adults who like to keep active. Works on cardio fitness, strength, flexibility and balance in a fun and friendly environment. BYO towel and drink bottle.	1.30pm			X		X	Somerville YMCA 55 Grant Road Somerville	5977 7711	\$10.20 per session or \$81.40 for 11 session pass	
FIT, STRONG AND STABLE A fitness program designed to improve your cardiovascular fitness, strength, bone density and balance. Exercises can be done from seated position if needed.	3pm to 4pm					X	Somerville Community House 21 Black Camp Road Somerville	5978 8330	\$12 per session	

PHYSICAL ACTIVITY	GENERAL GROUP EXERCISE									
Group Information	Time	M	T	W	T	F	Where	Phone	Price	
<p>REFORMED</p> <p>Small group pilates, yoga, circuit and boxing classes (max 8 in group) as well as private and small group personal training and exercise physiology services.</p>	<p>Various times, contact for details</p>						<p>Reformed Exercise Physiology 1A/5 Simcock Street Somerville</p>	5978 0749	<p>\$15-25 group \$60-80 private</p>	

PHYSICAL ACTIVITY	WATER EXERCISE									
Group Information	Time	M	T	W	T	F	Where	Phone	Price	
<p>AQUAEAZE</p> <p>Pool is 28-30°C. Modified water aerobics for those with mobility concerns. GP Assessment required - contact for form.</p>	10.30am					X	<p>Pelican Park Rec Centre 2 Marine Parade Hastings</p>	1300 850 197	\$7 per session	
<p>SWEAT AQUA</p> <p>Pool is 28-30°C. Aqua exercise to music, based on Sports Science Research. GP Assessment required - contact for form.</p>	10.30am			X			<p>Pelican Park Rec Centre 2 Marine Parade Hastings</p>	1300 850 197	\$7 per session	
<p>HYDRO AQUA</p> <p>Pool is 34-35°C. Exercise in the water - a fantastic cardio and toning workout using the water as resistance. Hoist into pool. Must be able to move quickly in the water. BYO towel and drink bottle.</p>	<p>Tue 12.30pm & 1.30pm</p> <p>Thu 1.30pm</p>		X		X		<p>Somerville YMCA 55 Grant Road Somerville</p>	5977 7711	\$10.20 per session	
<p>HYDROTHERAPY FOR BEGINNERS</p> <p>Pool is 34-35°C. Modified for people with arthritis or joint problems/replacements or those who have not exercised for some time. Hoist into pool. BYO towel and drink bottle.</p>	2.45pm		X		X		<p>Somerville YMCA 55 Grant Road Somerville</p>	5977 7711	<p>\$10.20 per session or \$81.40 for 11 session pass</p>	

PHYSICAL ACTIVITY	GENTLE EXERCISE								
Group Information	Time	M	T	W	T	F	Where	Phone	Price
<p>YOGA FOR EVERYONE</p> <p>This class caters for all levels. Work at your own pace and learn breathing, posture, relaxation and meditation techniques. Total term fee must be paid in full.</p>	<p>Mon 9.30am</p> <p>Thu 6pm</p>	X			X		<p>Crib Point Community House 7 Park Road Crib point</p>	5983 9888	Contact as price is based on term fee.
<p>YOGALATES</p> <p>Soothing, relaxing and getting in touch with your inner-self. Incorporating yoga and Pilates in the one class. BYO towel and drink bottle.</p>	<p>Tue & Thu 10.15am</p> <p>Sun 9.10am</p>		X		X		<p>Somerville YMCA 55 Grant Road Somerville</p>	5977 7711	\$15 per session
		SUNDAY							
<p>PILATES</p> <p>Yogalates and Pilates classes working on core stability, flexibility and strengthening. BYO towel and drink bottle.</p>	<p>Mon 10:15am & 7.30pm</p> <p>Tues 10:15am</p> <p>Thu 10:15am & 7.30pm</p> <p>Fri 10.15am</p>	X	X		X	X	<p>Somerville YMCA 55 Grant Road Somerville</p>	5977 7711	\$15 per session
<p>TAI CHI FOR ARTHRITIS</p> <p>Intermediate Tai Chi. Suitable for those with some Tai Chi experience.</p>	<p>Wed 1.50pm to 2.35pm (Beginners)</p> <p>2.45pm to 3.45pm (Intermediate)</p>			X			<p>Somerville Community House 21 Black Camp Road Somerville</p>	5977 8330	\$10 per session

PHYSICAL ACTIVITY	STRENGTHENING PROGRAM									
	Group Information	Time	M	T	W	T	F	Where	Phone	Price
<p>HASTINGS HALL EXERCISE CLASS</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>	9.30am					X		Hastings Hall 3 High Street Hastings	1300 665 781	\$7 per session
<p>STAY ON YOUR FEET - AGESTRONG</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>	1.30pm & 2.30pm	X						Pelican Park Rec Centre 2 Marine Parade Hastings	1300 665 781	\$7 per session
<p>LIVING LONGER LIVING STRONGER</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>	11.30am	X		X		X		Pelican Park Rec Centre 2 Marine Parade Hastings	1300 850 197	\$7 per session
<p>STAY ON YOUR FEET (CHAIR BASED) AGESTRONG</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. Class is completed from a chair. Physio assessment required, contact Access to book in at your local Community Health Centre.</p>	2.30pm	X						Pelican Park Rec Centre 2 Marine Parade Hastings	1300 665 781	\$7 per session
<p>SOMERS HALL EXERCISE CLASS</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>	11am					X		Somers Pavilion 68 Camp Hill Road Somers	1300 665 781	\$7 per session
<p>STAY ON YOUR FEET - AGESTRONG</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>	Tue 9.20am Thu 10.30am		X			X		Somerville Health & Fitness Studio Shop 1/13 Eramosa Road West Somerville	1300 665 781	\$7 per session

PHYSICAL ACTIVITY	INDIVIDUALLY TAILORED EXERCISE								
Group Information	Time	M	T	W	T	F	Where	Phone	Price
<p>KICKSTART</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						Hastings Community Health 185 High Street Hastings	1300 665 781	\$5 per session
<p>LIFE PLUS PROGRAM</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						Hastings Community Health 185 High Street Hastings	1300 665 781	Depends on eligibility
<p>PULMONARY REHAB PROGRAM - HASTINGS</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						Hastings Community Health 185 High Street Hastings	1300 665 781	\$5 per session \$15 for course book (optional)
<p>EXERCISE PHYSIOLOGY</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>	Wed 10.40am Thu 5.10pm			X	X		Beleura Health Solutions 40 Victoria Street Hastings	5979 3737	\$13-\$19 per session
<p>MS & STROKE GYM</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>	11am				X		Pelican Park Rec Centre 2 Marine Parade Hastings	1300 665 781	\$7 per session

PHYSICAL ACTIVITY	WALKING GROUPS								
Group Information	Time	M	T	W	T	F	Where	Phone	Price
EASY WALKING Slow paced walk, weather permitting. Various routes in local area.	9am		X				Crib Point Community House 7 Park Road Crib Point	5983 9888	Free

SENIORS GROUPS	Where			Phone	Club Email & Website
Group Information					
BALNARRING SENIOR CITIZENS INC. Meetings, Cards, Bingo, occasional outings.	Frankston Flinders Road Balnarring			5983 1208	
BALNARRING BOWLS & SOCIAL CLUB INC.	12A Bruce Street Balnarring			5983 1655	info@balnarringbowls.com www.banarringbowls.com
HASTINGS SENIOR CITIZENS CLUB Snooker, Billiards, Craft. Bingo. Bowls, Cards, Board Games, Social.	16 Herring Street Hastings			5979 1286	
UNIVERSITY OF THE THIRD AGE (U3A) - HASTINGS U3A is for retired people who wish to keep their minds and bodies active! We are a group of enthusiastic volunteers, sharing their knowledge and expertise.	13 Teal Court Hastings			5979 8585	info@hastingsu3a.org.au www.hastingsu3a.org.au
HASTINGS BOWLING CLUB INC.	40 Marine Parade Hastings			5979 1723	hastbowl@gmail.com www.hastingsbowlingclub.com.au
SOMERVILLE SENIOR CITIZENS CLUB Indoor bowls, bingo, cards, BBQs.	21 Black Camps Road Somerville			5977 7759	
SOMERVILLE BOWLING CLUB INC.	259-267 Jones Road Somerville			5977 5476	somiebowl@bigpond.com www.somerville.bowls.com.au
MORNINGTON DUTCH AUSTRALIAN SENIORS CLUB INC. Cards, Rummikub, Monthly outings.	Tyabb Hall Cnr Tyabb & Frankston Flinders Roads Tyabb			0405 782 367	morningtondutchaustr.seniorsclub@gmail.com

COMMUNITY HOUSES

Centre Name	Where	Phone	Club Email & Website
CRIB POINT COMMUNITY HOUSE	7 Park Road Crib Point	5983 9888	info@cpch.org.au www.cpch.org.au
GOOD SHEPHERD COMMUNITY HOUSE @ WALLAROO	6 Wallaroo Place Hastings	5970 7000	wallaroo@goodshep.org.au www.goodshepvic.org.au
HASTINGS COMMUNITY HOUSE	85 High Street Hastings	15971 9198	hastingsch@bigpond.com www.hastingsch.com
SOMERVILLE COMMUNITY HOUSE	Annie Sage Community Centre 21 Black Camps Road Somerville	5977 8330	info@somervillecommunityhouse.com.au www.somervillecommunityhouse.com.au

COMMUNITY GARDENS AND MENS SHEDS CONTACTS

Centre Name	Where	Contact Email	Contact Name
CRIB POINT COMMUNITY GARDEN	7 Park Road Crib Point	thecrib3919@gmail.com	Carole Barrie
THE GARDEN - HASTINGS		Laronie.Thompson@aus.salvationarmy.org	Laronie Thompson
WESTERNPORT MEN'S SHED	1973 Frankston Flinders Road Hastings (next to Hastings Hub)	wpmshed@bigpond.com	Colin Prowd
WILLUM WARRAIN MEN'S SHED	Willum Warrain Gathering Place 10c Pound Road Hastings	gpc@willumwarrain.com.au	Karston Poll