

TIMETABLE

Monday

Gentle Exercise: Energy	9:30am - 10:30am
Gentle Exercise: Easy	11:00am - 12:00pm

Tuesday

Yoga	8:30am - 9:45am
Strength Training	9:15am - 11:15am

Wednesday

Gentle Exercise: Energy	9:30am - 10:30am
Gentle Exercise: Easy	10:30am - 11:30am
Gentle Exercise: Chair	11:30am - 12:30pm

Thursday

Walk & Talk	8:30am - 9:00am
Strength Training	9:15am - 11:15am
Line Dancing	1:00pm - 3:00pm

No bookings required (excluding Yoga).

FEES

Gentle Exercise, Line Dancing and Strength Training	\$10 per class
Yoga	\$20 per class
Walk & Talk	FREE

We offer a loyalty card for Gentle Exercise and Strength Training.

\$90 for 10 classes

\$5 annual Centre Enrolment Fee payable

ADDRESS

14 Willis St, Hampton

CONTACT

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Find out more at:

hamptoncommunity.org.au



SENIORS FITNESS AT HCC

Gentle Exercise Classes: 3 Levels

These three easy-to-follow aerobic exercise classes will keep you active and energised.

Gentle Exercise: Chair

A great class for those who use mobility aids, walking sticks etc. Exercises are seated and slow-paced and you are welcome to rest when needed.

Wednesdays 11:30am -12:30pm



Gentle Exercise: Easy

A mix of sitting and standing exercises for endurance, strength, balance and flexibility.

Mondays 11:00am - 12:00pm

Wednesdays 10:30am - 11:30am

Gentle Exercise: Energy

Fun and invigorating aerobic standing exercises followed by balance and core strength training.

Mondays 9:30am - 10:30am

Wednesdays 9:30am - 10:30am

Line Dancing

Good music, great fun! Learn how, slowly and with a smile. All you need is something comfortable to wear and a smile on your face. First-timers are welcome.

Thursdays: 1:00pm - 3:00pm



Walk & Talk

Join this friendly group of walkers on a stroll around our beautiful bay every Thursday morning.

This community group is free of charge.

Thursdays 8:30am - 9:00am



Strength Training

Have an exercise program tailored to your strength training needs. For the maintenance of muscle mass, increased strength and endurance. This class uses a variety of equipment such as dumbbells, resistance bands and weights. Tailored to your individual ability so you get the most out of it.

Tuesdays 9:15am - 11:15am

Thursdays 9:15am - 11:15am



Yoga

All yoga sessions include specific stretches, breathing and concentration exercises, a sequence of asanas (postures) and finish with meditation practices. Participants are encouraged to always work at their own level.

Tuesdays 8:30am - 9:45am