

Keeping Active Program For the over 65's

BUFF BANDS



Fire up large stabilising muscles

Increase core and pelvic stability to support everyday activities

Improve posture, strength and balance

Instructors - Meagan / Amanda

MONDAYS

- 10.30am - 11.15am
- Gymea Community Hall
- \$10 per session
- From 26/4/21 to 28/6/21

Note: 14th June 2021 public holiday

TAI CHI



Yang Style Tai Chi

Improve balance, flexibility, strength, co-ordination and mental concentration

Instructor - Marion

MONDAYS

- 3.00pm - 3.45pm
- Gymea Community Hall
- \$10 per session
- From 26/4/21 to 21/6/21

Note: 14th June 2021 public holiday

SENIORS BOXING CARDIO



HAVE FUN

Work on your core, balance and coordination

Instructor - Gairy

TUESDAYS

- 10.15am - 11.00am
- Gairy StClair Boxing Studio
60 Gymea Bay Rd, Gymea
- \$10 per session
- From 27/4/21 to 29/6/21

MOVES FOR ALL



Muscle and Movement for EVERY BODY
Easy to follow

Improve balance, coordination and confidence

FUN! FUN! FUN!

Instructor - Emma

TUESDAYS

- 12.15pm - 1.00pm
- Gymea Community Hall
- \$10 per session
- From 27/4/21 to 29/6/21

YOGA



Nourish the body, mind and soul

Start or enhance your yoga journey here

Instructor - Pola

TUESDAYS

- 3.15pm - 4.00pm
- Gymea Community Hall
- \$10 per session
- From 27/4/21 to 29/6/21

LIMITED PLACES - **BOOK NOW**

ZUMBA



A dance fitness class

Improve cardiovascular fitness

Designed to help you dance your way fit.

Instructor - Michelle

WEDNESDAYS

- 1.15pm - 2.00pm
- Gymea Community Hall
- \$10 per session
- From 28/04/21 to 30/6/21

MATWORK PILATES



Using bands, balls and magic circles

Work on centring, precision, breathing, control and flowing movements

Instructors - Nick / Louise

WEDNESDAYS

- 2.15pm - 3.00pm
- Gymea Community Hall
- \$10 per session
- From 28/04/21 to 30/6/21

RESIST!



Resistance band work

Functional training

Recruit your stabilising muscles

Instructor - Leonard

THURSDAYS

- 12.00am - 12.45pm
- Gymea Community Hall
- \$10 per session
- From 29/4/21 to 17/6/21

TRIPLE B



Bands, Balance and Body weight
Improve cardio vascular endurance and muscle strength

Using your own body weight and gravity to increase fitness and balance

Instructor - Chris

FRIDAYS

- 9.00am - 9.45am
- Gymea Community Hall
- \$10 per session From
- 7/5/21 to 25/6/21

* 7th & 14th May time slots 2:30-3:30pm

BARRE



A fusion of functional training, standing pilates and balance moves. High intensity, yet low impact class builds strength, and fitness fast at the ballet bar

Instructor - Louise

FRIDAYS

- 1.00pm - 1.45pm or
- 2.00pm - 2.45pm
- Gymea Community Hall
- \$10 per session
- From 30/4/21 to 25/6/21

TO BOOK

Contact: Jenny Koutsonicolis

[gymeacommunityaid.org.au](mailto:jkoutsonicolis@gcais.org.au)

39 Gymea Bay Road Gymea NSW 2227

02 9524 9559 : 0418 966 823

jkoutsonicolis@gcais.org.au