

ALL ACCESS TIMETABLE

SOMERVILLE
RECREATION CENTRE

PELICAN PARK
RECREATION CENTRE

CIVIC RESERVE
RECREATION CENTRE

PELICAN PARK RECREATION CENTRE

| | MON | TUE | WED | THU | FRI |
|---------|------------------|-----|--------------|--------|----------------|
| 10.15AM | | | SWEAT (AQUA) | | AQUAEZE (AQUA) |
| 11.00AM | | | | MS GYM | |
| 12.00PM | SOYF MAINTENANCE | | | | |
| 1.30PM | SOYF ENTRY | | | | |
| 2.30PM | SOYF CHAIR | | | | |

CIVIC RESERVE RECREATION CENTRE

| | MON | TUE | WED | THU | FRI |
|---------|-----|-----------------|--------------|--------------|------------------|
| 7.45AM | | | | | |
| 8.50AM | | | | | |
| 10.00AM | | LUNGS IN ACTION | | | |
| 11.00AM | | MS GYM | | | |
| 12.05PM | | | | | SOYF ENTRY |
| 12.15PM | | STROKE | | | |
| 12.45PM | | | | SOYF ENTRY | |
| 1.15PM | | | | | SOYF MAINTENANCE |
| 1.30PM | | | BREATHE EASY | BREATHE EASY | |
| 2.00PM | | | | SOYF CHAIR | |

CIVIC RESERVE RECREATION CENTRE - SUPERVISED GYM (bookings on the hour @ 45mins www.civircentre.com.au)

| | MON | TUE | WED | THU | FRI |
|-----------|-----|-----------------|-----|-----|-----|
| 8AM - 1PM | ✓ | 7.45AM - 9.45AM | ✓ | ✓ | ✓ |
| 4PM - 9PM | ✓ | ✓ | ✓ | ✓ | ✓ |

SOMERVILLE RECREATION CENTRE

| | MON | TUE | WED | THU | FRI |
|---------|-----|------------------|-----|--------------|-----|
| 9.10AM | | SOYF MAINTENANCE | | SOYF ENTRY | |
| 10.15AM | | PRIME MOVERS | | PRIME MOVERS | |

AGESTRONG OFFSITE CLASSES

| | MON | TUE | WED | THU | FRI |
|---------|------------------|------------------|-----------------------|------------------|------------------|
| 9.30AM | | | | HASTINGS HALL | |
| 10.30AM | | FLINDERS | | | |
| 11.00AM | | BLAIRGOWRIE HALL | | SOMERS PAVILLION | |
| 1.00PM | | | ROSEBUD MEMORIAL HALL | | |
| 1.30PM | BLAIRGOWRIE HALL | | BLAIRGOWRIE HALL | | BLAIRGOWRIE HALL |
| 2.00PM | | | ROSEBUD MEMORIAL HALL | | |

WALKING GROUPS

| | MON | TUE | WED | THU | FRI |
|---|--|-----|---|--------------------|--|
| 7.45AM | BENTONS SQUARE | | | ROSEBUD PLAZA | |
| 7.45AM | | | | MORNINGTON CENTRAL | |
| 10.00AM | MORNINGTON LIBRARY | | | | |
| Mornington Central 78 Barkly Street Mornington (meet in front of Target) | Rosebud Plaza 37 Mc Combe Street Rosebud (meet in the food court) | | Bentons Sqaure Corner Bentons/Dunns Road Mornington (meet at Degani's end of centre) | | Mornington Library Vancouver Street Mornington (meet at entrance) |

CLASS DESCRIPTIONS

SWEAT Aqua PPRC

Aqua exercise to music, modified to suit the needs of those who are unable to participate in mainstream aqua in a fun and friendly atmosphere.

Aquaeze PPRC

Modified aqua exercise designed for people with arthritis or similar joint/mobility conditions.

Stay on Your Feet (SOYF) - Maintenance

Ideal for older adults with current health problems under control. Designed to increase cardiovascular fitness, strength, flexibility and balance.

Stay on Your Feet (SOFY) - Entry

A rehabilitative weight training program for people who have arthritis, diabetes or any other health condition that may have affected their level of fitness.

Stay on Your Feet (SOYF) - Chair Based

A highly modified exercise program for more senior adults that may be frail or have suffered a stroke and would like to keep active and strong but need to start an exercise program from a chair.

Prime Movers

This low impact class is designed to increase cardiovascular fitness, balance and coordination. Exercise at a level that suits you.

MS - Gym

Tailored gym program modified to suit the needs of those who may have suffered a stroke, have lung problems or MS.

Lungs in Action

Suitable for participants with Pulmonary issues.

Stroke

Suitable for participants who have suffered a stroke.

Supervised Gym

Older adult Strength Training program in the gym. Individual programming orientation required prior to class.

Agestrong

Run in partnership Peninsula Health these classes are rehabilitative and designed to increase strength, balance and fitness levels.

Breathe Easy

A class that will improve fitness and strength, while reducing feelings of breathlessness.

Offsite Addresses

Rosebud Memorial Hall 944 Point Nepean Rd, Rosebud

Blairgowrie Hall 8 Williams Rd, Blairgowrie

Tootgarook Hall 2 Barry St, Tootgarook

Hastings Hall 3 High St, Hastings

Somers RW Stone Pavillion 68 Camp Hill Rd, Somers

Flinders Civic Hall 54-56 Cook St, Flinders

The programs offered provide a broad range of classes for differing levels of ability. They are delivered in partnership with Peninsula Health, MS Society, The Australian Lung Foundation

The All Access programs are suitable for people who:

- are 60 years +
- are recovering from hospital stay
- have a low interest in physical activity
- are advised to take up physical activity
- have low fitness levels

All Access members are offered:

- a consultation with our professional staff to develop a personalised program
- access to All Access classes (refer to timetable)
- access to supervised gym at Civic Reserve (refer to timetable)
- access to aquatics and gym at Pelican Park during the following 'off peak' periods; Monday to Friday 11.00am - 3.30pm Weekend 8.00am - 7.00pm

Membership Eligibility

To be eligible for the All Access programs and memberships participants need to:

- be 60 + years
- have an ongoing disability
- complete a Medical Assessment form in consultation with their Health Professional to assist in exercise prescription

Membership eligibility must be approved by management prior to joining.

Fees

Casual - \$7.30 per session
Program Assessment - \$30.00
(Civic Reserve)

Membership Fees:

Joining fee - \$49.00
3 months prepaid - \$129.40
12 months prepaid - \$493.10
Direct Debit - \$11.30 per week
(Weekly debit, no lock in contract)

All Access Memberships can be paid via direct debit from a nominated bank account.