

Keep physically and mentally active, meet new people and start feeling great!

Come and try one or all of the local, low cost exercise classes below, specially designed for older adults within the City of Whittlesea. All classes are led by qualified instructors who understand the needs of older adults.

Gentle exercise for older adults

A gentle to moderate exercise class incorporating light hand weights for strength training and balance.

Stretching and relaxation to finish. A fun and sociable class suitable for all levels of fitness.

Strength training for older adults

A gentle to moderate exercise class with a focus on improving strength, balance and flexibility. This class is suitable for all levels of fitness.

Dance fitness for older adults

A low impact dance class designed specifically for older adults. A great workout for the whole body that will improve your fitness and leave you smiling. This class is suitable for all levels of fitness.

Exercise for Older Adults 55+

Let Everyone Actively
Participate (LEAP) Program

Council Offices
25 Ferres Boulevard
South Morang VIC 3752

Locked Bag 1
Bundoora MDC VIC 3083

Tel 03 9217 2170
Fax 03 9217 2111
TTY 133 677 (ask for 9217 2170)

Email info@whittlesea.vic.gov.au
www.whittlesea.vic.gov.au



Free Telephone
Interpreter Service

عربي	9679 9871
廣東話	9679 9857
Italiano	9679 9874
Македонски	9679 9875
普通话	9679 9876
Hrvatski	9679 9872
Ελληνικά	9679 9873
Türkçe	9679 9877
Việt-ngữ	9679 9878
Other	9679 9879



Monday

Gentle exercise for older adults

10am - 11am

Where: Mernda Village Community
Activity Centre, Mernda
Village Drive, Mernda

Cost: \$5

Monday

Strength training for older adults

9.30am - 10.30am

Where: Nick Ascenzo Community
Centre, 2 Boronia Street,
Thomastown

Cost: \$5

Thursday

Dance fitness for older adults

9.30am - 10.30am

Where: Nick Ascenzo Community
Centre, 2 Boronia Street,
Thomastown

Cost: \$5

Friday

Gentle exercise for older adults

9.30am - 10.30am

Where: Whittlesea Community
Activity Centre, 57 Laurel
Street, Whittlesea

Cost: \$5

Participants must complete a LEAP membership form prior to commencing classes and obtain a medical clearance from their GP.

What do I need to bring?

For all classes please make sure you:

- wear comfortable clothes and appropriate footwear
- bring a towel and a water bottle



Do I need to register to attend?

Yes! Participants must complete a LEAP membership form prior to commencing classes and obtain a medical clearance from their GP.

Once registered you can attend any of these classes at your leisure - no bookings required!

Did you know...

Regular physical activity helps:

- keep your weight in a healthy range
- decrease your risk of health conditions such as diabetes, heart disease and some cancers
- reduce the rate of bone loss, delaying the onset of osteoporosis
- improve your balance, strength, coordination and decrease your risk of falling
- you to meet new people and keep you connected to your local community

The City of Whittlesea's LEAP Program gives all residents aged 55 and over, the chance to participate in events, outings and programs that promote positive ageing, health and wellbeing.

*For more information and to obtain a LEAP membership form please contact the Positive Ageing Team on **9407 5913** or email **LEAP@whittlesea.vic.gov.au***