

# OLDER ADULTS GROUP FITNESS



The Ballarat Aquatic & Lifestyle Centre offers a range of exercises specifically aimed at the needs of adults aged 60 years and older.

Our unique facility caters to people of all ability levels and, as such, we provide a range of fitness classes that are low impact, safe, fun and easy to learn. They are designed so that each participant can begin slowly and progress at their own rate, regardless of their individual fitness level or physical ability.

## Not sure where to start?

These entry-level classes provide the hands on support participants need to exercise safely, while still getting the most physical and mental benefit out of every workout.



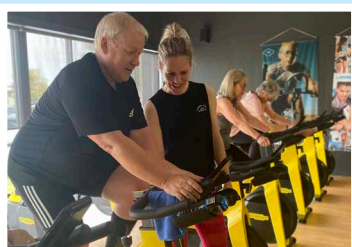
### Gently Active

Gentle exercises for our ageing community and those with limited mobility. Let our fun, friendly instructors lead you through movements focused on mobility, flexibility, balance and strength that will help keep you active and improve your quality of life. Seated and standing options available. Coordination: Low



### Warm Water Basics

A low impact, low intensity entry-level aqua class in our warm water pool designed to introduce you to the fundamentals of water movement. Featuring no music and an instructor in the pool with you, this class offers a gentle yet effective way to engage in confidence-building water exercises while enhancing balance, mobility and overall well-being. Coordination: Low



### Active Ageing Cycle

A low impact, freestyle indoor cycle class designed for older adults or anyone wanting to feel more comfortable on a spin bike. With one-on-one assistance to ensure proper set-up and use from an instructor, this class offers a safe and comfortable environment for participants to ride towards their goals at their own pace. Coordination: Low

Casual visit prices start from **\$7.80** which includes one group fitness class, access to our pools, steam room, spa and Health Club. Visit passes and discounted 60+ memberships available.

Bookings are **essential** and can be made 1 week in advance. Contact us via phone, visit us in center, or book online via our website.

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