

# 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.

Casual visit prices start from **\$8.60**. Visit passes and discounted 60+ memberships are also available. Bookings are essential and can be made 5 days in advance.

## 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



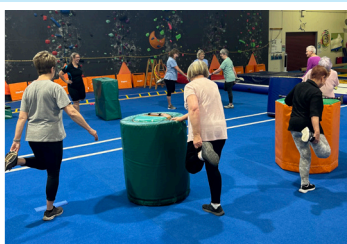
### Warm Water Basics

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



### Chair Yoga

A gentle, accessibility-friendly form of yoga that's performed while seated or using a chair for balance. Suited to people of all ability levels including seniors, those with limited mobility and people recovering from injury. Focusing on the same core principles as traditional yoga, Chair Yoga can help improve your flexibility, mobility, strength and mental well-being. Coordination: Low



### Gentle Gymnastics

A low impact, medium intensity class designed to focus on building balance, coordination, and whole-body strength. The sprung gymnastics floor lowers the impact on the whole body whilst using a variety of small gymnastics apparatus to develop functional strength and balance to assist with everyday activities. Coordination: Low



### Open Ride

A 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.



### Low Impact

Enjoy a fun class that is easy for beginners yet challenging for the tried and true exerciser! Low impact aerobics will boost your energy levels, burn calories, reduce stress and help get you in shape. No experience necessary. Coordination: Low

## Membership Options

Our Active Ageing Gold membership is designed to support health, wellbeing and connection for members aged 60 years and over. Enjoy discounted access to our facilities and programs, helping you stay active, mobile and socially engaged in a welcoming environment.

Your Active Ageing Gold membership includes:

- Full access to group fitness classes (including aqua fitness)
- Swim, Spa and Steam
- Access to the Health Club
- Complimentary pre-exercise health assessment with a qualified trainer
- Unlimited ongoing program updates
- Use of a locker

*Members must present a valid Senior Citizen Card or Proof of Age Card to receive the discount.*

Cost: **\$33.70 per fortnight** on an ongoing direct debit.



### Opening Hours

Monday – Friday: 6am to 9pm  
Saturday: 6am – 6pm  
Sunday: 8am – 6pm  
Public Holidays: 8am – 4pm

### Contact

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