Glen Eira Leisure Services

Glen Eira Leisure (GEL) has an extensive range of older adults programs designed for active older adults who want to: improve their fitness; increase strength; increase mobility; increase balance; and want to get to know like-minded people.

Aqua Pilates 45mins
Combining pilates techniques with aqua exercise. Improve your core strength, posture and joint mobility in the hot water pool.

Aqua Fitness
A fun, energetic cardio workout in the 25 metre pool.

Activate Lite
Designed for older adults who are starting their exercise journeys, have injuries or concerns or simply want a lighter pace workout. Classes will include functional strength, cardio and flexibility.

Living Longer Living Stronger
Progressive strength training designed and endorsed by COTA. Medical clearance, a health assessment and a health club program are required.

Zumba Gold
Specifically designed for older adults and beginners, including Latin-inspired rhythms and funky dance routines.

Activate Tai Chi
Promotes mental awareness and improves balance, control and wellbeing.

Activate Pilates
Designed to improve balance, core strength and stability through pilates’s techniques.

Activate Strength
Designed to help improve functional movement, strength, balance, co-ordination and bone density.

Activate Circuit
Strength and cardio circuit program for all fitness levels.

CAULFIELD COMMUNITY HEALTH SERVICE

Ashley Ricketson Centre
Gate 2 Caulfield Hospital (Building 22)
260–264 Kooyong Road, Caulfield 3162
Contact: 9076 6666
www.alfredhealth.org.au/cchs

GLEN EIRA LEISURE

GLEN EIRA SPORTS AND AQUATIC CENTRE
200 East Boundary Road, Bentleigh East

CAULFIELD RECREATION CENTRE
6 Maple Street, Caulfield South
Contact: 9570 9200
www.geleisure.com.au

Active older adults

Caulfield Community Health Service in conjunction with Glen Eira Leisure, provide a range of fitness programs for older adults at all stages of their fitness journey.
The active ageing pathways program aims to assist older adults in gaining fitness, strength, balance and mobility in a supervised and social environment.

Aqua and land-based programs run throughout the year at Caulfield Community Health Service (CCHS) and Glen Eira Leisure (GEL). You can join the program at a beginner or intermediate level depending on your fitness level. Flat session fee applies.

All CCHS programs are supervised by an allied health assistant. A referral and doctors approval is required, prior to starting. Assessment fees vary in line with government guidelines and are based on a participants income.

All GEL programs are supervised by a qualified group fitness instructor. Concession rates apply.

### Land-based programs

- **Beginner** — high supervision required
- **Intermediate** — supervision required
- **Advanced** — regularly exercising

### Aqua-based programs

- **Beginner** —
  - **Aqua Self Help** — CCHS
  - **Aqua Therapy** — CCHS
  - **Aqua Exercise** — CCHS
  - **Aqua Pilates** — GEL
  - **Aqua Fitness** — GEL

- **Intermediate** —
  - **Aqua Self Help** — CCHS
  - **Aqua Therapy** — CCHS
  - **Aqua Exercise** — CCHS
  - **Aqua Pilates** — GEL
  - **Aqua Fitness** — GEL

- **Advanced** —
  - **Aqua Self Help** — CCHS
  - **Aqua Therapy** — CCHS
  - **Aqua Exercise** — CCHS
  - **Aqua Pilates** — GEL
  - **Aqua Fitness** — GEL

### Caulfield Community Health Service

#### Healthy living and hydrotherapy programs

**Strength Training**
A structured exercise program that is tailor-made for participants needs. Improve strength, balance and cardiovascular endurance. Participants work independently on their own program at their own pace in a supervised and social environment.

**Activate**
A circuit workout that includes strength, balance and cardio exercises, suitable for participants who require additional support and supervision to complete their exercise. Regular reviews with exercise physiologists.

**FIT (Functional Independence Training)**
Provides a safe and supported environment for participation in functional and cognitive activities with the aim of improving and/or maintaining function and independent living in the community. Regular reviews with exercise physiologists.

**Aquatic Therapy**
Offers clients an individualised aquatic program supervised by a physiotherapist.

**Aqua Self Help**
Clients continue with their own independent exercise program in the pool. The session is supervised by an allied health assistant.

**Aqua Exercise**
These sessions are conducted by a qualified aqua exercise instructor. You MUST be a swimmer or water confident to participate.