

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

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.

Activate Zumba

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 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

Activate Sh'Bam

Simple dance moves set to music. A fun and sociable way to exercise.

Contact information

CAULFIELD COMMUNITY HEALTH SERVICE

Ashley Ricketson Centre
Gate 2 Caulfield Hospital (Building 22)
260–264 Kooyong Road, Caulfield 3162
Contact: referrals 9076 6776
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



GLEN EIRA
CITY COUNCIL



Caulfield
Community
Health Service
Part of **AlfredHealth**

BENTLEIGH
BENTLEIGH EAST
BRIGHTON EAST
CARNEGIE

CAULFIELD
ELSTERNWICK
GARDENVALE
GLEN HUNTLY

MCKINNON
MURRUMBEENA
ORMOND
ST KILDA EAST



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.

B	Beginner — high supervision required
I	Intermediate — supervision required
A	Advanced — regularly exercising

Aqua-based programs

Aqua Strength — CCHS	I
Aqua Therapy — CCHS	B
Aqua Exercise — CCHS	I
Aqua Activate — CCHS	B-I
Aqua Pilates — GEL	I
Aqua Fitness — GEL	A



Land-based programs

FIT — CCHS	B
Activate Lite — GEL	B
Living Longer Living Stronger — GEL	B
Activate — CCHS	B-I
Strength Training — CCHS	I
Activate Zumba — GEL	I
Activate Pilates — GEL	A
Activate Strength and Circuit — GEL	A
Activate Tai Chi — GEL	A
Activate Sh'Bam — GEL	I

Caulfield Community Health Service

Healthy living and hydrotherapy programs

Aquatic Therapy

Offers clients an individualised aquatic program supervised by a physiotherapist.

Aqua Strength

Clients continue with their own independent exercise program in the pool in a supervised and social environment.

Aqua Activate

A circuit workout in the pool, suitable for participants who require additional support and supervision to complete their exercise.

Aqua Exercise

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

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 a physiotherapist.

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 a physiotherapist.

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.