



Healthy Moves In The Hunter

Class Timetable @ May 2019

Classes vary in cost, location and duration (usually 45-55minutes). Please contact the usual leader for details and questions relating to the most suitable program for you. The best contact is the class leader's mobile phone number.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Leader Contact Details
8am	Belmont Level 2 - Deb			Belmont Level 2 - Deb	Belmont Str/Bal - Deb		Lorraine – 0411 422 300 Melissa – 0434 093 245
8.30am	Stockton Level 2 - Talisa			Stockton Level 2 - Talisa			Deb – 0410 098 747
9am	Belmont Level 1 - Deb			Belmont Level 1 - Deb			Ann-Maree-- 0412 540 015 Karyn – 0477 000 768 Talisa – 0401 568 477
9.15am	Charlestown <i>NewBodyNewLife</i> NEW CLASS IN MAY Level 1 – Melissa						Facebook: Hunter HealthyMoves
9.30am		Elernore Vale Level 2 – Melissa/Karyn			Elernore Vale Level 2 - Ann-Maree		Class descriptions: All classes have seated options if necessary. All are low-moderate intensity. Seated: Chair Exercises Level 1: Easier Class Level 2: Moderate to Challenging Class STRONG: Class dedicated to resistance training Str/Bal: Strength, Stretch & Balance - Based on a blend of Yoga, Tai Chi, Pilates to improve Balance & Flexibility Wts/Str/Bal: this runs the same as Str/Bal but includes upper body strength work
9.30am			Mayfield East 9.40am Seated - Lorraine		Charlestown - <i>NewBodyNewLife</i> NEW CLASS IN MAY Level 1 – Deb		
10am	Charlestown <i>NewBodyNewLife</i> NEW CLASS IN MAY Level 2 – Melissa			Newcastle Level 2 - Melissa		Warners Bay - Genesis B- Active Level 2 - Deb	
10.30am	Newcastle Level 2 – Deb				Charlestown <i>NewBodyNewLife</i> NEW CLASS IN MAY Level 2 – Deb		
10.40am		Waratah Seated - Lorraine					
11am	Newcastle 11.15am - Level 1 - Deb	Newcastle Level 2 - Melissa	Newcastle Level 1 - Melissa	Newcastle Str/Bal - Deb	Merewether Tai Chi - Lorraine		
12noon					Merewether Seated - Lorraine		
12.30pm			Wallsend Level 1-2 - Melissa				
1.15pm	Jesmond Level 1 - Melissa						
2pm	Jesmond Level 1-2 - Melissa		Jesmond Level 1-2 - Melissa				

Healthy Moves in the Hunter is a gentle low-to-moderate intensity exercise class. Based on the successful Heartmoves program, principles of safe exercise are our priority. All classes aim to improve fitness, strength, balance, flexibility and smile lines!! All classes are designed to be **fun, varied and social**. Some of the specialty sessions (eg Stretch & Balance or Tai Chi) have a very specific focus, but still aim to make exercise enjoyable and effective.

We know that regular physical activity can help to:

- improve long term general health
- reduce risk of a heart attack & other chronic disease
- better balance, strength and less likely to fall or trip
- feel more energetic & manage weight better
- have a healthier blood cholesterol level, lower blood pressure, and stronger bones & muscles
- recover better after heart attack, stroke, or after surgery or hospitalisation
- boost confidence, mood and sleep patterns
- improve control of blood glucose levels

A pre-exercise assessment form must be completed at your first session and GP clearance may be necessary

Belmont: Belmont Neighbourhood Centre (4947 0031)
 359 Pacific Hwy, Belmont North NSW 2280

Charlestown (Square) The Place Community Centre – (4032 5500)
 Frederick St, Charlestown

Elernore Vale: Elernore Glen Lifestyle & Retirement Village
 178 Lake Road, Elernore Vale NSW 2287

Jesmond: Jesmond Neighbourhood Centre
 44 Mordue Parade, Jesmond NSW 2299

Mayfield East: Fronditha Aged Care
 30 Crebert St, Mayfield East NSW 2304

Merewether: Novacare Milpara Centre
 26-30 Caldwell St, Merewether NSW 2291

Newcastle: Newcastle Leagues Club
 17 National Park St, Newcastle NSW 2300

Stockton: Stockton Uniting Church
 Cnr Mitchell & King Streets, Stockton NSW 2295

Waratah: Waratah Ethnic Communities Council
 2A Platt St, Waratah NSW 2298

Warners Bay – Genesis Health Club:
 13/240-260 Hillsborough Rd, Warners Bay NSW 2282