

Gentle Exercises

Gentle exercises promote health and wellbeing by improving joint mobility, muscle strength, endurance, better balance, improving breathing and relaxation. Exercise helps reduce falls, keep bones strong, assist weight loss, control diabetes, improve circulation, and reduce the risk of depression.

Kingston

Venue/Organisation	Contact
Aspendale	
Aspendale Senior Citizens Centre 151A Station St	9580 1555
Aspendale Gardens	
Aspendale Garden Community Centre 103-105 Kearney Dr	9587 5955
Chelsea	
Central Bayside Community Health Services 23 Bath Street	9781 9333
Cheltenham	
Waves Leisure centre 111 Chesterville Rd	9559 7111
Clarinda	
Central Bayside Community Health Services 58 Viney Street	9552 4333
Sundowner Avenue Neighbourhood House Clarinda Community Centre 24 Sundowner Avenue	9551 8711
Mentone	
Light and Easy Movement Meckiff Hall Eblana St	9580 8595
Mordialloc	
Mordialloc Community and Youth Centre 115A Warren Rd	9580 3675
U3A Kingston 37 Albert St	9580 8328
Parkdale	
Central Bayside Community Health Services 335 Nepean Highway	8587 0200
Patterson Lakes	
Patterson Lakes Community Centre 54-70 Thompson Rd	9772 8588

Bayside

Venue/Organisation	Contact
Brighton	
Brighton Recreational Centre 93 Outer Crescent	9592 3033
Hihett	
Bentleigh Bayside Community Health Centre Livingston St	9553 6033
Hampton Community Centre 14 Willis St	9598 2977
Sandringham	
Sandybeach Centre 2 Sims St	9598 2155