

Strength Training

Strength Training is for people wishing to increase their muscle mass by lifting increasing weight. Dumbbells, leg cuffs and body weight are all used. It has shown to benefit people with osteoporosis, diabetes, arthritis and some other chronic conditions.

Kingston

Venue/Organisation	Contact
Aspendale	
Aspendale Senior Citizens Club 151A Station St	9580 1555
Chelsea	
Chelsea Community Rehabilitation Centre 8 Edithvale Road	9783 7288
Chelsea Heights	
Genesis Fitness Club 93 Wells Rd	9782 7200
Dingley Village	
Dingley Fitness Healthlink Corner Centre Dandenong & Tootal Rd	9551 3022
Highbett	
Waves Leisure Centre 111 Chesterville Rd	9559 7111
Mentone	
Lift For Life Equilibrium Health & Fitness 169 Nepean Hwy	9584 7337
Mordialloc	
Mordialloc Community & Youth Centre 115A Warren St	9580 3675
Mordialloc Neighborhood House 457 Main St	9587 4534
Don Tatnell Leisure Centre Corner Warren Rd & Brisbane Tce	9587 1016
Central Bayside Community Health Services Don Tatnell Leisure Centre Corner Warren Rd & Brisbane Tce	8587 0200
Parkdale	
Central Bayside Community Health Services 335 Nepean Hwy	8587 0200
Patterson Lakes	
Patterson Lakes Community Centre 54-70 Thompson Rd	9772 8588

Bayside

Venue/Organisation	Contact
Black Rock	
Brighton	
Brighton Recreational Centre 93 Outer Crescent	9592 3033
Hampton	
Hampton Community Centre 14 Willis St	9598 2977
Trackside Sports 10 Railway Walk	9598 8047
Highett	
Bentleigh Bayside Community Health Centre Livingston St	9553 6033
Highett (Parts of)	
Bentleigh Bayside Community Health Service Livingston St	9553 6033
Sandringham	
Sandybeach Centre 2 Sims St	9598 2155

Bentleigh

Venue/Organisation	Contact
Bentleigh East	
Bentleigh Bayside Community Health Centre Gardnerers Rd	9575 5333