

Local Physical Activity Services

Current as of June 2009

Index

Index	2
Hornsby	3
Heartmoves	3
Walking with Attitude	3
Hornsby Walk `n` Talk walking Group	3
Hornsby Heights Neighbourhood Centre Classes	3
Personalised Fitness Programs	3
Aquafitness Classes	3
Ku-ring-gai Chase National Park	3
Guided Bushwalks Phone: 9472 9300 or 9472 9301.....	3
Belly Dancing	3
Northern Sydney Central Coast Health Healthy Lifestyle Courses	3
Lady Davidson Hospital – Maintenance Exercise Program.....	4
Exercise Physiologists	4
Hills District	4
Northern Sydney Central Coast Health Healthy Lifestyle Courses - Dural Aquafitness class	4
The Hills Community Health Centre - Walking Groups	4
Richard Webb Reserve	4
Wanderers Bushwalking & Outdoors Club	4
Heart Foundation Walking Groups – Dural	5
Castle Hill Indoor Sports Centre	5
Exercise Physiologists	5
Eastwood/Ryde	5
Northern Sydney Central Coast Health Healthy Lifestyle Courses	5
Gladesville Ryde Physical Culture Club	5
Learning for Leisure Classes - Gladesville	6
Macquarie Centre Mall Walkers.....	6
Ryde Aquatic Leisure Centre	6
The Fitness Edge	6
Upperlimits Health & Fitness	7
Exercise Physiologists	7
Carlingford/Epping	7
Jenny's Fitness Classes	7
Northern Sydney Central Coast Health Healthy Lifestyle Courses	7
Exercise Physiologists	7
Gordon/Pymble	8
Active Seniors Health Centre.....	8
Northern Sydney Central Coast Health Healthy Lifestyle Courses	8
Active Ku-ring-gai Program - Pilates in the Park	8
Active Ku-ring-gai Program - Gym Without Walls.....	8
Active Ku-ring-gai Program - Tai Chi	9
Active Ku-ring-gai Program - Yoga.....	9
Lady Davidson Hospital – Maintenance Exercise Program.....	9
Exercise Physiologists	9

Hornsby

Heartmoves

Use this link to find a Heartmoves class in your area

Website:

<http://heartmoves.heartfoundation.org.au/map/cc/nsw/sf/mapthis>

Walking with Attitude

Individual walking challenges

Website: www.walkingwithattitude.com.au

Hornsby Walk 'n' Talk walking Group

10am Thursdays and 10am Mondays, Hornsby Park, Pacific Hwy, 20-30 min brisk walk and coffee afterwards.

Phone: Lorraine 0419 741 435

Hornsby Heights Neighbourhood Centre Classes

Belly Dancing **Phone:** Barbara 9940 6500

Personalised Fitness Programs

Phone: 9456 3242 **Website:** www.runningwildfitness.com.au

Aquafitness Classes

2 Manor Road Hornsby **Phone:** 0407 442 018

Ku-ring-gai Chase National Park

Guided Bushwalks **Phone:** 9472 9300 or 9472 9301

Belly Dancing

Wednesday 7-8pm at Hornsby Heights Public School

Phone: 0418 414 903

Spring into Action

Description: A wide variety of leisure and cultural activities for people aged 55 years plus held in March and September/October each year.

Website: www.kmc.nsw.gov.au/www/html/1812-spring-into-action.asp

Phone: 9424 0888

Address: Ku-ring-gai Council, 818 Pacific Hwy, Gordon 2072

Bookings at Customer Service Counter

Northern Sydney Central Coast Health Healthy Lifestyle Courses

Description: Offers a range of programs including aqua fitness, gentle exercise, pilates, feldenkrais, strength training, yoga & tai chi.

Phone: 8877 5300 **Fax:** 8877 5339

Mail: Locked Bag 2220, North Ryde NSW 1670

Website:

www.nscchealth.nsw.gov.au/services/healthprom/events/healthylifestyle/Index.shtml

Lady Davidson Hospital – Maintenance Exercise Program

Description: the program is ideal for people who want to start exercising or continue progression in their exercises

Phone: 9488 0193 - Outpatient Reception Desk

Hours: Monday – Friday, 8am-9am, 2.30am-3.30pm and 3.30pm - 4.30pm

Eligibility: You will require a referral from your GP if you have not previously been a patient at the hospital

Fees: \$13.50 each session or in blocks of 6 or 11, the 12th is free

Exercise Physiologists

Website: www.aaess.com.au/index.php?q=node/47

Hills District

Northern Sydney Central Coast Health Healthy Lifestyle Courses - Dural Aquafitness class

Description: Offers a range of programs including aqua fitness, gentle exercise, pilates, feldenkrais, strength training, yoga & tai chi.

Phone: 8877 5300 **Fax:** 8877 5339

Mail: Locked Bag 2220, North Ryde NSW 1670

Website:

www.nscchealth.nsw.gov.au/services/healthprom/events/healthylifestyle/Index.shtml

The Hills Community Health Centre - Walking Groups

Description: Conducts weekly walking groups. Contact for details of group times.

Groups held at: The Hills Community Health Centre, 183-187 Excelsior Ave, Castle Hill NSW 2154

Phone: 8853 4500 (Reception) **Fax:** 8855 4565

Fees: None

Alternative Names: Hills Walking Group

Richard Webb Reserve

Description: Bushland setting with unsealed walking tracks. Guided walks run by Boronia Tours on behalf of Council

Area Served: Baulkham Hills LGA, Hornsby LGA

Address: Gray Spence Cres, West Pennant Hills NSW 2125

Website: www.baulkhamhills.nsw.gov.au

Wanderers Bushwalking & Outdoors Club

Description: Organised bushwalks, camping and social activities.

Phone: 9835 0059

Address: Crestwood Community Centre, Cnr Crestwood Dr & Chapel Lane, Baulkham Hills

Email: rhondda@optusnet.com

Website: www.bushwalking.org.au/~wanderers

Meetings 2nd Friday of month 8pm - 9.30pm.

Fees: \$35 per annum

Heart Foundation Walking Groups – Dural

Phone: 1300 36 27 87

Elderman Walkers: 7.00am – 8.00am Mondays and Friday

Middle Dural Walkers: 6.30am-7.30am Tuesday and Thursday

Hills Walking Group: 9.00am – 10.00am Wednesday and Thursday

Castle Hill Indoor Sports Centre

Address: Unit 3, 18 Anella Ave Castle Hill NSW 2154

Phone: 9680 3330

Email: info@castlehillindoor.com.au

Kids Play Land Phone: 8850 5550

Kids Play Land Email: jo@kidsplayland.com.au

Exercise Physiologists

Website: www.aess.com.au/index.php?q=node/47

Eastwood/Ryde

Northern Sydney Central Coast Health Healthy Lifestyle Courses

Description: Offers a range of programs including aqua fitness, gentle exercise, pilates, feldenkrais, strength training, yoga & tai chi.

Phone: 8877 5300 **Fax:** 8877 5339

Mail: Locked Bag 2220, North Ryde NSW 1670

Website:

www.nscchealth.nsw.gov.au/services/healthprom/events/healthylifestyle/index.shtml

Macquarie University Sports Association, Sports and Leisure Centre

Address: Corner Culloden and Gymnasium Roads, North Ryde 2113

Leader: James Borbone

Phone: 9850 7636

Cost: \$6.00 per class or \$50 for a 10 class pack

Time: Tuesday 2.30 – 3.30pm

Gladesville Ryde Physical Culture Club

Description: Classes for different age groups at different times during the day. Gentle exercise class for women Mon 1pm followed by BJP syllabus class. Strength exercises for boys

Phone: 9817 4452

Location: Uniting Church Hall, Wharf Rd, Gladesville NSW 2111

Website: www.physicalculture.com.au

Eligibility: From 4 years. Girls and ladies, boys up to 10yrs

Fees: Yes

Learning for Leisure Classes - Gladesville

Description: Daytime classes in crafts of various kinds and activities including gentle exercise and Mah Jong. Volunteers run classes except the exercise class

Phone: 9817 0101 **Fax:** 9816 5462

Location: Uniting Church Hall, Wharf Rd, Gladesville NSW 2111

Email: gladesville@optusnet.com.au

Fees: Yes

Macquarie Centre Mall Walkers

Description: A free fitness program offered to Macquarie Centre customers; all ages, all fitness levels.

Phone: 9887 0800 **Fax:** 9887 0888

Location: Macquarie Centre, Cnr Herring & Waterloo Rds, North Ryde

Email: macquariecentre@ampcapital.com

Website: www.macquariecentre.com.au

Referral: Contact Macquarie Centre Management

Fees: No

Ryde Aquatic Leisure Centre

Description: Includes an indoor Olympic pool, family leisure pool, lap swimming, squads, water polo. Various fitness programs including aquarobics, Swimming lessons from 6 months+., school holiday programs, 2 court multi-purpose sports hall, netball, basketball, badminton, volleyball, indoor soccer, aerobics, tai chi, junior futsal, Court hire

Phone: 8878 5111 **Fax:** 9808 5422

Address: 504 Victoria Rd, Ryde NSW 2112

Email: ralc@ryde.nsw.gov.au

Website: www.ryde.nsw.gov.au/ralc.htm

Hours: Mon-Thu 5:30am-9pm, Fri 5:30am-8pm, Sat 6:30am-6pm, Sun & Pub Hols 8am-6pm

The Fitness Edge

Description: Includes gymnasium, aerobics, pilates; swimming pool - classes for children and adults, aquarobics; massage therapy clinic, physiotherapist.

Eligibility: From 18 years. Member of Ryde Eastwood Leagues Club

Phone: 9808 7633 **Fax:** 9809 7462

Address: 117 Ryedale Rd, West Ryde NSW 2114

Website: www.releagues.com.au

Hours: Mon-Wed 5:30am-11pm, Thu-Fri 5:30am-9:30pm, Sat-Sun 6:30am-7pm

Fees: Yes

Upperlimits Health & Fitness

Description: Fitness equipment, aquarobics, boxing, body pump, yoga, swimming pools, spa, personal training, massage, tennis court, tennis coaching.

Phone: 9886 3640 **Fax:** 9886 3641

Address: Cnr Epping & Herring Rds, North Ryde NSW 2113

Email: info@upperlimits.com.au

Website: www.upperlimits.com.au

Hours: Mon-Thu 6am-9pm, Fri 6am-8pm, Sat 9am-4pm, Sun 10am-4pm

Eligibility: From 16 years.

Fees: Yes. Memberships & Casual rates available

Exercise Physiologists

Website: www.aaess.com.au/index.php?q=node/47

Carlingford/Epping

Jenny's Fitness Classes

Description: Fitness classes: Low Impact, Fat burning, Yoga, pre and post natal, New Body, Body Conditioning, Step and over 50's classes. Childminding available to all morning classes.

Phone: 9639 1938 **Fax:** 9614 8300

Address: Don Moore Community Centre, Cnr Farnell Avenue & North Rocks Rd, Carlingford NSW 2118

Email: jenny.crawford@optusnet.com.au

Website: www.jennysfitness.com.au

Hours: Mon to Fri - 9.30am, Mon, Tues & Thurs 11am, Tues & Thurs 6.30pm

Fees: Casual classes \$10, Pensioners & students \$8 - Weekly rate \$25 - unlimited

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Mail: Locked Bag 2220, North Ryde NSW 1670

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Gordon/Pymble

Active Seniors Health Centre

Description: Specialised Exercise Centre for over 55's. Personally designed programs to assist people stay young and active. Gentle exercises, stretching, strengthening and balance training used. Open to all, no referral required.

Phone: 9499 4344

Address: Suite 2L Gordon Centre, 802-808 Pacific Hwy, Gordon

Email: taylorharrison@optusnet.com.au

Hours: Mon - Fri 7.45am - 4.30pm (by appointment)

Eligibility: Over 55 years.

Fees: Health Fund Rebate available

Northern Sydney Central Coast Health Healthy Lifestyle Courses

Description: Offers a range of programs including aqua fitness, gentle exercise, pilates, feldenkrais, strength training, yoga & tai chi.

Mail: Locked Bag 2220, North Ryde NSW 1670

Website:

www.nscchs.health.nsw.gov.au/services/healthprom/events/healthyLifestyle/index.shtml

Active Ku-ring-gai Program - Pilates in the Park

Description: Enjoy the sun and outdoor breeze while learning the basic fundamentals and techniques of Pilates in the picturesque surroundings of Wahroonga Park.

Location: Wahroonga Park

Time: 9.30am on Mondays

Cost: \$80.00 per eight (8) week term

Includes: 8 weekly one-hour classes with a Pilates instructor

Phone: Ku-ring-gai Council's Parks Programs Coordinator 9424 0754

Email: rblouin@kmc.nsw.gov.au

Website: www.kmc.nsw.gov.au/www/html/555-active-ku-ring-gai-program-.asp

Active Ku-ring-gai Program - Gym Without Walls

Description: Start the working day off on an active foot by getting your heart pumping with the circuit classes held in the great outdoors!

Location: Golden Grove area, Bicentennial Park, West Pymble

Time: 6.15am - 7.15am on Tuesday mornings

Cost: \$80.00 per eight (8) week term

Includes: 8 weekly one-hour classes with a Personal Trainer

Phone: Ku-ring-gai Council's Parks Programs Coordinator 9424 0754

Email: rblouin@kmc.nsw.gov.au

Website: www.kmc.nsw.gov.au/www/html/555-active-ku-ring-gai-program-.asp

Active Ku-ring-gai Program - Tai Chi

Description: Learn the free flowing and relaxing techniques of Tai Chi while enjoying the seas breeze from Middle Harbour.

Location: Echo Point Park, Babbage Road, Roseville

Time: (choice of two sessions): 9.30am to 10.30am OR 10.45am to 11.45am on Friday mornings

Cost: \$50.00 per five (5) week term

Includes: 5 weekly one-hour classes with a Tai Chi Instructor

Phone: Ku-ring-gai Council's Parks Programs Coordinator 9424 0754

Email: rblouin@kmc.nsw.gov.au

Website: www.kmc.nsw.gov.au/www/html/555-active-ku-ring-gai-program-.asp

Active Ku-ring-gai Program - Yoga

Description: New activity for Terms 3 and 4! Increase your energy levels and relax your mind after a hard day's work.

Location: Level 5, Ku-ring-gai Council Chambers

Time: 6.30pm on Wednesday evenings

Cost: \$80.00 per eight (8) week term

Includes: 8 weekly one-hour classes with a Yoga instructor

Phone: Ku-ring-gai Council's Parks Programs Coordinator 9424 0754

Email: rblouin@kmc.nsw.gov.au

Website: www.kmc.nsw.gov.au/www/html/555-active-ku-ring-gai-program-.asp

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