

FREQUENTLY ASKED QUESTIONS

What do I wear?

Comfortable clothes and runners. If you're participating in water aerobics, please wear bathers.

What do I need to bring?

A water bottle and any medications you may require such as an asthma inhaler, angina medication or hypo kit.

Will the sessions be right for me?

You will receive a full assessment before you start exercising. All our programs are designed for beginners and activities can be tailored to meet individual abilities.

If you are unsure if you can participate, please seek advice from your doctor.

What kind of support will there be when you're exercising?

Support will be given through trained allied health professionals and assistants. There will also be peer support to welcome you to the program and keep you motivated.

Why is it important to keep exercising when you're older?

- It is good for the mind
- It is good for the body
- It makes you feel better



How do I find out more about the programs?

For any questions, please phone 4408 6657, email getmoving@bendigo.vic.gov.au or visit www.bendigo.vic.gov.au/getmoving



GetMoving
Summer timetable 2020



GetMoving SUMMER TIMETABLE 2020

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|--|
| Exercise Physiology Classes February 3 – March 23 Time: 11am Duration: 30 – 60 mins Location: Gurri Wanyarra Wellbeing Centre Cost: \$5 Bookings essential: phone 4431 1000 |  | Walking Group February 5 – ongoing Time: 10am Duration: 30 – 45 mins Location: Starts and ends at Gurri Wanyarra Wellbeing Centre Cost: Free | Outdoor Exercise Group February 6 – March 26 Time: 10.30am Duration: 30 mins Location: Bendigo Creek Trail at Browning Street oval Cost: \$5 | Walking Group February 7 – ongoing Time: 9.30am Duration: 30 – 45 mins Location: Starts and ends at Gurri Wanyarra Wellbeing Centre Cost: Free |
| Water Aerobics February 3 – March 23 Time: 1pm Duration: 30 mins Location: Gurri Wanyarra Wellbeing Centre Cost: \$5 Bookings essential: phone 4431 1000 | Gentle Aerobics February 4 – March 24 Time: 10.30am Duration: 45 mins Location: Gurri Wanyarra Wellbeing Centre Cost: \$5 Bookings essential: phone 4431 1000 | Exercise Physiology Classes February 5 - March 25 Time: 3pm Duration: 1 hour Location: Gurri Wanyarra Wellbeing Centre Cost: \$5 Bookings essential: phone 4431 1000 | Gentle Aerobics February 6 – March 26 Time: 1pm Duration: 45 mins Location: Gurri Wanyarra Wellbeing Centre Cost: \$5 Bookings essential: phone 4431 1000 | Exercise Physiology Classes January 31 – March 20 Time: 11am Duration: 1 hour Location: Gurri Wanyarra Wellbeing Centre Cost: \$5 Bookings essential: phone 4431 1000 |

CLASS DESCRIPTIONS

Exercise Physiology Classes

Suitable for everyone, this class is designed to fit your current abilities and take into account any injuries and illnesses you may have, while helping you to achieve your health and mobility goals.

Walking Group

Let's Walk Kangaroo Flat follows an accessible walking loop around Gateway Park. Suitable for beginners and people who use mobility aids.

Gentle Aerobics

A low impact strength and aerobic class to keep your body moving, using simple routines, stretches and light weights to improve strength and bone health. Suitable for beginners and people with limited mobility.

Water Aerobics

A gentle form of aqua exercise held in the hydrotherapy pool. Suitable for beginners and people with limited mobility.

Outdoor Exercise Group

Outdoor group session conducted by a fully qualified fitness instructor. A low impact circuit program using the outdoor fitness equipment. Suitable for beginners