



Exercise Programs

For people with a range of fitness levels and stamina

Aged 65 years or older and people with a disability who are less than 65 years of age.

Strength & Balance:

Steady, Ready, Go improves balance, flexibility and strength to reduce the likelihood of having a fall.

Easy Moves For Active Ageing is gentle exercise for older people who are less active.

Active for life is for people with a medium level of fitness, designed to maintain muscle strength, range and flexibility.

Fit For Health is for people with a higher level of fitness, designed to maintain muscle strength, range and flexibility.

Exercise & Relaxation:

Tai Chi builds muscle strength, improves flexibility balance and posture using relaxation Tai Chi movements.

Gym:

Fit Mates is a group for men to exercise, be social and gain confidence using gym equipment.

The below activities operate seasonally and when there are enough participants registered.

Walking groups:

Stepping Out is an easy paced social walking group supported by our staff.

Nordic Walking is a low impact, total body workout using designed poles. Increases cardio output, burns more calories and activates more muscles compared to normal walking.

Heart Foundation Walking is an easy paced social walking group hosted by Gateway Health and lead by Heart Foundation Volunteers.

Yoga is for people with restricted movement. Combining relaxation and focused breathing with physical exercise.

Registration is required for all classes.



What do I pay?

\$7.50 for each activity.

Additional costs may apply for other outings or projects.



Where do I go?

Gateway Health
45 - 47 Mackay Street
Wangaratta

For enquiries and registration contact
T: (03) 5723 2000