

# ACTIVE OVER 50s



WAVERLEY  
COUNCIL

## Margaret Whitlam Recreation Centre

Join us for a range of activities for mature people at the Recreation Centre. Get to socialise and have some fun while improving your physical and mental health.

### PILATES



**Mondays and Wednesdays 9.30 - 10.30am**

**Community room | \$7 Per session**

Pilates is a low-impact exercise that aims to strengthen and stretch the whole body with particular emphasis on postural alignment, core conditioning and breathing. After just a few sessions you will be feeling stronger and walking taller.

**Mats are provided free of charge.**

### TAI-CHI



**Mondays 11.30am - 12.30pm**

**Community room | \$7 Per session**

Tai Chi is a low impact exercise which has huge benefits on health and is great fun. The benefits for seniors include the relief of the physical effects of stress, promotion of deep breathing, the improvement of lower body and leg strength which in turn improves balance and stability; it also assists with relief of arthritis pain and reduces blood pressure.

### TABLE-TENNIS



**Tuesday 10am - 1.15pm | Friday 11.30am - 1.30pm**

**Indoor sports court | Pensioners \$5/Over 50s \$7**

Table tennis improves hand-eye coordination, is aerobic, uses both the upper and lower body, and causes you to use many different areas of the brain to function. No previous experience is required and players of all abilities are welcome.

**Every Tuesday free coaching sessions are available.**

**Places are limited and are restricted to one every two weeks.**

### BALANCE & STRENGTH



**Tuesdays 2 - 3pm**

**Community room | \$7 Per session**

Fusing Pilates + Yoga + Strength + Stretch, Balance & Strength class is a total body workout focusing on strength and endurance, postural alignment, balance and core strength while using the breath to centre the mind and body.

### YOGA



**Thursdays 9.15 - 10.15am | 10.30 - 11.30am**

**Community room | \$7 Per session**

The strengthening and flexibility benefits of Yoga are well known. However there are many more benefits to older adults from practicing yoga. It has been proven to improve sleeping habits, offset aged weight gain, improve mood and reduce anxiety.

**Mats are provided free of charge.**

Fees are payable on the door for all sessions. No bookings are necessary. For more information please call **9083 8300** or email [venuehire@waverley.nsw.gov.au](mailto:venuehire@waverley.nsw.gov.au). The Margaret Whitlam Recreation Centre is located in Waverley Park, Bondi Rd, Bondi Junction. [waverley.nsw.gov.au/recreationcentre](http://waverley.nsw.gov.au/recreationcentre)