

**Exercise is great for wellbeing.  
Group exercise has additional benefits of guidance and social interaction.**

|  |   |
|--|---|
| <p><b>Exercise for Parkinsons. Cost - \$0</b> (Hosted by NSW Health)</p> <p><b>Program description:</b> Prior registration is necessary for individuals with PD to participate in this bi-weekly program, with home-reproducible exercises.</p> <p><b>Fitness requirements:</b> Must be able to stand and move between different exercise stations. Programme is adapted to each individual's ability. <b>Eligibility:</b> People with Parkinsons Disease</p>          | <p><b>Where:</b> Ochre Medical CSU<br/> <b>When:</b> Thursday 10.30am – 11.15am fortnightly<br/> <b>Contact Name:</b> Jennifer Mannell<br/> <b>Email:</b> Jennifer.Mannell@health.nsw.gov.au<br/> <b>Phone:</b> 63305658 or 0427010089</p>                    |
| <p><b>Bathurst Men's Walk N Talk. Cost - \$0</b> (Hosted by Lifeline Central West)</p> <p><b>Program description:</b> A safe and non-judgemental place for Men to walk, chat and make friends for overall wellbeing including Physical -Mental -Social Health.</p> <p><b>Fitness requirements:</b> Minimal, walk slowly. <b>Eligibility:</b> Men only, all abilities. Wheelchair friendly.</p>   | <p><b>Where:</b> Lions Berry Park, Bathurst<br/> <b>When:</b> Every Thursday 5.30pm<br/> <b>Contact Name:</b> Greg Sly<br/> <b>Email:</b> men@bxmenswalkandtalk.com.au<br/> <b>Phone:</b> 0458276537</p>  |
| <p><b>Women Who Walk. Cost - \$0</b> (Hosted by Central West Women's Health Centre)</p> <p><b>Program description:</b> A gentle walk and talk.</p> <p><b>Fitness requirements:</b> Anyone with any fitness level welcome, slow walk.</p> <p><b>Eligibility:</b> All ages and experience levels.</p>  | <p><b>Where:</b> Lions Berry Park, Bathurst<br/> <b>When:</b> Mondays 9.30 am (9.00am during daylight savings time)<br/> <b>Website:</b> www.cwwhc.org.au<br/> <b>Phone:</b> 63314133</p>   |
| <p><b>Bathurst Parkrun. Cost - \$0</b> (Hosted by Parkrun)</p> <p><b>Program description:</b> Community wellbeing through exercise, participation and connection - participate as runner, walker or volunteer</p> <p><b>Fitness requirements:</b> Slow walk to participate, all abilities to volunteer. <b>Eligibility:</b> Open to all (including dogs on leads)</p>  | <p><b>Where:</b> Bicentennial Park, Bathurst<br/> <b>When:</b> Saturdays 8.00am<br/> <b>Contact Name:</b> Stephen &amp; Jenn<br/> <b>Website:</b> www.parkrun.com.au/bathurst/<br/> <b>Phone:</b> 0458276537</p>  |
| <p><b>Stroll And Roll. Cost - \$0</b> (Hosted by Australian Emotional Wellness Association)</p> <p><b>Program description:</b> Walk and Talk – for all abilities and ages.</p> <p><b>Fitness requirements:</b> All abilities.</p> <p><b>Eligibility:</b> Open to all (including prams, chairs, mobility scooters).</p>   | <p><b>Where:</b> 118 Keppel Street (meet on Cathedral footpath). <b>Contact:</b> David Cumming<br/> <b>When:</b> Tuesdays 6.30am<br/> <b>Email:</b> contact@aewa.org.au<br/> <b>Website:</b> www.aewa.org.au <b>Phone:</b> 0408884208</p>                     |
| <p><b>8 Point Tai Chi. Cost - Gold coin donation.</b> (Hosted by The Neighbourhood Centre)</p> <p><b>Program description:</b> 8 Form Tai Chi is great for beginners because of it's simplicity. Tai Chi provides a gentle way to move your body which is suited for older adults and seniors.</p> <p><b>Fitness requirements:</b> All ages including seniors and those with health &amp; mobility challenges. <b>Eligibility:</b> Open to all.</p>                     | <p><b>Where:</b> TNC, 96 Russell St, Bathurst<br/> <b>When:</b> Wednesdays 10am. (During School Terms)<br/> <b>Email:</b> binc@binc.org.au<br/> <b>Website:</b> www.binc.org.au<br/> <b>Phone:</b> 63324866.</p>  |
| <p><b>Asteri Greek Dance &amp; Fitness - Cost - \$10 (Cash only)</b> (Hosted by Panthers Bathurst)</p> <p><b>Program description:</b> Get fit through learning Greek Dance!</p> <p><b>Fitness requirements:</b> All.</p> <p><b>Eligibility:</b> All ages. Everyone is welcome! Greek &amp; Non-Greek. Experience in dance or not! No judgment.</p>   | <p><b>Where:</b> Bathurst Panthers. 132 Piper St.<br/> <b>Phone:</b> 0412472397<br/> <b>When:</b> Tuesdays (Fortnightly). 6.30pm-7.30pm.<br/> <b>Contact Name:</b> Irene Kavouras-Aiello<br/> <b>Email:</b> asterigreekdance.fitness@gmail.com</p>            |
| <p><b>Over 65's Walk. Cost - \$5</b> (Hosted by New Horizons)</p> <p><b>Program description:</b> Easy group walk.</p> <p><b>Fitness requirements:</b> All abilities.</p> <p><b>Eligibility:</b> Over 65. Must be registered with My Aged Care.</p>   | <p><b>Where:</b> Morse Park, Bathurst<br/> <b>When:</b> Tuesdays 8.30am<br/> <b>Contact Name:</b> Melinda Warner<br/> <b>Email:</b> Mwarner@newhorizons.org.au<br/> <b>Phone:</b> 0437139418</p>  |
| <p><b>Seated Tai Chi. Cost - \$5</b> (Hosted by New Horizons)</p> <p><b>Program description:</b> Tai chi exercises for the over 65s while in a chair.</p> <p><b>Fitness requirements:</b> All abilities.</p> <p><b>Eligibility:</b> Over 65. Must be registered with My Aged Care.</p>   | <p><b>Where:</b> 369 Stewart Street, Bathurst.<br/> <b>When:</b> Wednesdays 1.30pm.<br/> <b>Contact Name:</b> Melinda Warner<br/> <b>Email:</b> Mwarner@newhorizons.org.au<br/> <b>Phone:</b> 0437139418</p>  |
| <p><b>Judo. Cost - \$7.50</b> (Hosted by PCYC)</p> <p><b>Program description:</b> Junior judo classes.</p> <p><b>Fitness requirements:</b> All abilities.</p> <p><b>Eligibility:</b> 5 years +</p>   | <p><b>Where:</b> 2 Commonwealth Street, Bathurst.<br/> <b>When:</b> Mondays &amp; Wednesdays 5pm – 6pm.<br/> <b>Contact Name:</b> Linda Clements<br/> <b>Email:</b> bathurst@pcycnsw.org.au<br/> <b>Phone:</b> 63312191</p>                                   |
| <p><b>Zumba. Cost - \$7.50</b> (Hosted by PCYC)</p> <p><b>Program description:</b> Dance based fun and fitness.</p> <p><b>Fitness requirements:</b> All abilities.</p> <p><b>Eligibility:</b> All ages and experience levels.</p>  | <p><b>Where:</b> 2 Commonwealth Street, Bathurst.<br/> <b>When:</b> Mondays 06.00pm – 07.30pm.<br/> <b>Contact Name:</b> Linda Clements<br/> <b>Email:</b> bathurst@pcycnsw.org.au<br/> <b>Phone:</b> 63312191</p>  |
| <p><b>Dragon Boating. Cost - \$0 for the first 28 days.</b> (Hosted by Bathurst Pandragons)</p> <p><b>Program description:</b> Team paddling for fun, friendship &amp; fitness. As competitive or as social as you like. Opportunities to represent at region, state and nation levels.</p> <p><b>Fitness requirements:</b> Fitness will improve as you paddle – we start slowly with beginners!</p> <p><b>Eligibility:</b> Men and women over the age of 10.</p>      | <p><b>Where:</b> Ben Chifley Dam, Lagoon Rd, The Lagoon<br/> <b>When:</b> Day light savings times: Tuesdays &amp; Thursdays 5.30pm &amp; Sundays 8.30am. Winter paddling- Thursday 6.30am and Sunday 9am.<br/> <b>Email:</b> pandragons.website@gmail.com</p> |
| <p><b>Cardiopulmonary Rehabilitation Program. Cost - \$0</b> (Hosted by NSW Health)</p> <p><b>Program description:</b> Education from a physiotherapist, cardiologist, and psychologist; assessment is mandatory before starting. Upon GP approval, an optional ongoing maintenance program is available for all.</p> <p><b>Fitness requirements:</b> Follow instructions /move between stations. <b>Eligibility:</b> Cardio / Respiratory / Long Covid diagnosis.</p> | <p><b>Where:</b> Ochre Medical CSU, Bathurst<br/> <b>When:</b> Mondays, Tuesdays &amp; Wednesdays.<br/> <b>Email:</b> jane.thompson@health.nsw.gov.au<br/> <b>Phone:</b> 0409790853<br/> <b>Fax:</b> 63305742</p>   |

**Exercise is great for wellbeing.  
Group exercise has additional benefits of guidance and social interaction.**

|   |   |
|---|---|
| <p><b>Maintenance Program. Cost - \$5</b> (Hosted by Studio Benefit)<br/> <b>Program description:</b> Exercise program gentle and progressive and individual based.<br/> <b>Fitness requirements:</b> Must have completed the Cardiopulmonary rehab program, be Independent and follow instructions.<br/> <b>Eligibility:</b> Specific form to be completed by GP/Specialist.</p>   | <p><b>Where:</b> Ochre Medical CSU, Bathurst<br/> <b>When:</b> Thursday 12.00pm.<br/> <b>Contact Name:</b> Demi Chapman<br/> <b>Email:</b> studiobenefit@icloud.com<br/> <b>Phone:</b> 049999868</p>  |
| <p><b>Running. Cost - \$10</b> (Hosted by Run Riot)<br/> <b>Program description:</b> Running practice and training.<br/> <b>Fitness requirements:</b> All abilities.<br/> <b>Eligibility:</b> Ages 12 and up.</p>   | <p><b>Where:</b> Venue changes – see Facebook page.<br/> <b>When:</b> 6pm <b>Contact Name:</b> Wes Gibson<br/> <b>Facebook:</b> www.facebook.com/runriotAUS/<br/> <b>Email:</b> runriotaus@hotmail.com<br/> <b>Phone:</b> 0437698460</p>                              |
| <p><b>Running For Kids. Cost - \$10</b> (Hosted by Run Riot)<br/> <b>Program description:</b> Running fundamentals, running form, development and play based activities.<br/> <b>Fitness requirements:</b> All abilities.<br/> <b>Eligibility:</b> Ages 5 – 14.</p>   | <p><b>Where:</b> Berry Park, Bathurst.<br/> <b>When:</b> Wednesdays at 4.30pm (school terms).<br/> <b>Facebook:</b> www.facebook.com/runriotAUS/<br/> <b>Email:</b> runriotaus@hotmail.com<br/> <b>Phone:</b> 0437698460</p>  |
| <p><b>Athletics and Cross-Country. Cost - \$10</b> (Hosted by Run Riot)<br/> <b>Program description:</b> Junior Athletics and Cross Country training.<br/> <b>Fitness requirements:</b> Athletes involved in competitive running or by enquiry.<br/> <b>Eligibility:</b> Ages 8 – 18.</p>   | <p><b>Where:</b> Morse Park, Bathurst.<br/> <b>When:</b> Fridays at 4.15pm.<br/> <b>Facebook:</b> www.facebook.com/runriotAUS/<br/> <b>Email:</b> runriotaus@hotmail.com<br/> <b>Phone:</b> 0437698460</p>  |
| <p><b>Aquatic Classes. Cost - From \$9.40 weekly concession</b> (Hosted by Manning Aquatic Centre (public pool).<br/> <b>Program description:</b> Discover diverse aquatic fitness options, ranging from gentle and junior to advanced levels, including Swimfit, Aqua Aerobics, Aqua Gentle, Aqua Bootcamp, and Splish Splash; visit the webs.<br/> <b>Fitness requirements:</b> All abilities. <b>Eligibility:</b> All ages and experience levels.</p>                                      | <p><b>Where:</b> 9 Elizabeth Street, Bathurst.<br/> <b>When:</b> 7 days/week – check website.<br/> <b>Website:</b> www.bathurstaquatic.com.au<br/> <b>Email:</b> reception@bathurstaquatic.com.au<br/> <b>Phone:</b> 63319333.</p>                                    |
| <p><b>Swim Access. Cost - From \$7.80 weekly concession</b> (Hosted by Manning Aquatic Centre (public pool).<br/> <b>Program description:</b> Lane and open pool swimming.<br/> <b>Fitness requirements:</b> All abilities.<br/> <b>Eligibility:</b> All ages and experience levels.</p>  | <p><b>Where:</b> 9 Elizabeth Street, Bathurst.<br/> <b>When:</b> 7 days/week – check website.<br/> <b>Website:</b> www.bathurstaquatic.com.au<br/> <b>Email:</b> reception@bathurstaquatic.com.au<br/> <b>Phone:</b> 63319333.</p>                                    |
| <p><b>Flexit Over 50's. Cost - \$5</b> (Hosted by Studio Benefit.)<br/> <b>Program description:</b> Low-impact, floor-free exercise class tailored for those over 50, promoting cardiovascular fitness, balance, coordination, and muscular strength for beginners or returnees.<br/> <b>Fitness requirements:</b> All abilities. <b>Eligibility:</b> Over 50's.</p>  | <p><b>Where:</b> RSL Rankin St Auditorium Bathurst.<br/> <b>When:</b> Tuesdays 10.30am.<br/> <b>Email:</b> studiobenefit@icloud.com<br/> <b>Website:</b> www.studiobenefit.com.au/<br/> <b>Phone:</b> 0438430082. <b>Contact:</b> Liz Schembri.</p>                   |
| <p><b>Cardio Weights. Cost - \$5</b> (Hosted by Studio Benefit.)<br/> <b>Program description:</b> Low-impact exercise with optional light hand weights, followed by a full-body circuit using both body weight and dumbbells.<br/> <b>Fitness requirements:</b> Not for beginners.</p>  | <p><b>Where:</b> RSL Rankin St Auditorium Bathurst.<br/> <b>When:</b> Thursdays<br/> <b>Email:</b> studiobenefit@icloud.com<br/> <b>Website:</b> www.studiobenefit.com.au/<br/> <b>Phone:</b> 0438430082. <b>Contact:</b> Liz Schembri.</p>                           |
| <p><b>Chair Yoga. Cost - \$8</b> (Hosted by Studio Benefit.)<br/> <b>Program description:</b> Beginner-friendly Modified Yoga class with pose adaptations for all bodies, excluding floor work. Enhance flexibility, strength, and relaxation through movement, stretching, and meditation.<br/> <b>Fitness requirements:</b> No experience required.</p>   | <p><b>Where:</b> Livestream or 234a Lambert Street, Bathurst.<br/> <b>Email:</b> studiobenefit@icloud.com<br/> <b>Website:</b> www.studiobenefit.com.au/<br/> <b>Phone:</b> 0438430082. <b>Contact:</b> Chloe Haberecht</p>   |
| <p><b>Seated Yoga - Cost - \$8</b> (Hosted by Universal Wellness)<br/> <b>Program description:</b> Seated Yoga suitable for all Adults of all abilities.<br/> <b>Fitness requirements:</b> All abilities.<br/> <b>Eligibility:</b> 18+</p>  | <p><b>Where:</b> Mon &amp; Wed - Panthers. Fri - Bathurst Baptist Church. <b>Phone:</b> 0417066515<br/> <b>When:</b> Mon 10:30. Wed 1pm. Fri 1:30pm<br/> <b>Contact Name:</b> Nicole Booth<br/> <b>Email:</b> universalwellness@hotmail.com</p>                       |
| <p><b>Morse Park Walkers. Cost - \$0</b> (Hosted by Heart Foundation.)<br/> <b>Program description:</b> Group walking at a moderate pace in open spaces to enhance cardiovascular fitness, social interaction, and mental well-being. Optional social morning tea at Harvest Cafe. Various walking distances around Morse Park or river walk.<br/> <b>Fitness requirements:</b> Any walking ability, with or without walking aids. <b>Eligibility:</b> Any age or gender.</p>                 | <p><b>Where:</b> Morse Park, Bathurst.<br/> <b>When:</b> Mondays at 9.30am or 9am in Summer.<br/> <b>Contact Name:</b> Lorraine Griffin.<br/> <b>Email:</b> larrieg20a@gmail.com<br/> <b>Phone:</b> 0435786485</p>  |
| <p><b>Wednesday Walkers. Cost - \$0</b> (Hosted by Uniting Church.)<br/> <b>Program description:</b> Exercise and Fun all rolled into one. Everyone welcome to come along and maintain a healthy mind, body and soul. Four to five kms in an hour, followed by coffee.<br/> <b>Fitness requirements:</b> Reasonable fitness required. <b>Eligibility:</b> Open to all.</p>  | <p><b>Where:</b> Meet McDonald's Bathurst rear car park<br/> <b>When:</b> Wednesday at 7am.<br/> <b>Facebook:</b> www.facebook.com/bathurstuca<br/> <b>Email:</b> kayeandrobin@outlook.com<br/> <b>Phone:</b> 0417850263 <b>Contact:</b> Kaye Price</p>               |
| <p><b>Community Yoga. Cost - \$0</b> (Hosted by Pranayoga Bathurst.)<br/> <b>Program description:</b> Join Jan the last Sunday of each month for Free Community Yogain the Park. Feel the benefits of being in nature &amp; a sense of well-being. Relaxing our mind, creating calmness &amp; body awareness. Yoga &amp; Meditation helps us manage stress &amp; declutter our mind, leaving us feeling happier &amp; lighter within ourselves. <b>Eligibility:</b> Everybody is welcome.</p> | <p><b>Where:</b> Machattie Park or Bicentennial Park<br/> <b>When:</b> Last Sunday of each month 10am-11am<br/> <b>Website:</b> www.pranayogabathurst.com.au<br/> <b>Email:</b> pranayoga@optusnet.com.au<br/> <b>Phone:</b> 0423205801 <b>Contact:</b> Jan Green</p> |



Exercise is great for wellbeing.  
Group exercise has additional benefits of guidance and social interaction.

**Mind+Move Remain Active - Cost - \$5** (Hosted by Catholic Healthcare)

**Program description:** An ongoing fitness, balance, and flexibility program to build strength and flexibility and help increase energy and maintain mobility. Exercises include light cardio, strength and resistance exercises, balance, flexibility and stretching.

**Fitness requirements:** Mobile and able to walk without an aide. **Eligibility:** Seniors 65+

**Where:** Cathedral Parish Centre, 100 George Street, Bathurst **Phone:** 1300 978 264

**When:** Wednesday 9-10am

**Contact Name:** Jane Thompson

**Email:** Jane.Thompson@chcs.com.au

**Zumba With Karen - Cost - \$10 (U3A Seniors - \$7)** (Hosted by Healthworld Gym Stewart St)

**Program description:** Zumba dance is for fun and fitness. Improve balance, confidence and coordination. Gym supplies small hand weights for toning class. **Eligibility:** Teens to 80's (upstairs class)

**Fitness requirements:** All levels, step to music, add arms for extra cardio, small jump step to step. Bring water.

**Where:** Healthworld gym on Stewart St . Upstairs **Phone:** 0417066515

**When:** Wed 9.15am and Thurs 5.30pm

**Contact Name:** Karen Granger

**Email:** kigranger@tpg.com.au

**Zumba Toning - Cost - \$10 (U3A Seniors - \$7)** (Hosted by Healthworld Gym Stewart St)

**Program description:** Zumba toning is for fun and fitness. Improve balance, confidence and coordination. Gym supplies small hand weights for toning class. **Eligibility:** Teens to 80's (upstairs class)

**Fitness requirements:** All levels, step to music, add arms for extra cardio, small jump step to step. Bring water.

**Where:** Healthworld gym on Stewart St . Upstairs **Phone:** 0417066515

**When:** Tuesdays 5pm

**Contact Name:** Karen Granger

**Email:** kigranger@tpg.com.au

**CIRCL Mobility - Cost - \$10 (U3A Seniors - \$7)** (Hosted by Healthworld Gym Stewart St)

**Program description:** Breath, stretch, move. For joint mobility and flexibility.

**Fitness requirements:** All levels, step to music, add arms for extra cardio, small jump step to step. Bring water.

**Eligibility:** Teens to 80's (upstairs class)

**Where:** Healthworld gym on Stewart St . Upstairs **Phone:** 0417066515

**When:** Tuesdays 4.15pm

**Contact Name:** Karen Granger

**Email:** kigranger@tpg.com.au