

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

Exercise for Parkinsons. Cost - \$0 (Hosted by NSW Health)

Program description: Prior registration is necessary for individuals with PD to participate in this bi-weekly program, with home-reproducible exercises.

Fitness requirements: Must be able to stand and move between different exercise stations. Programme is adapted to each individual's ability. **Eligibility:** People with Parkinsons Disease

Where: Ochre Medical CSU
When: Thursday 10.30am – 11.15am fortnightly
Contact Name: Jennifer Mannell
Email: Jennifer.Mannell@health.nsw.gov.au
Phone: 63305658 or 0427010089

Bathurst Men's Walk N Talk. Cost - \$0 (Hosted by Lifeline Central West)

Program description: A safe and non-judgemental place for Men to walk, chat and make friends for overall wellbeing including Physical -Mental -Social Health.

Fitness requirements: Minimal, walk slowly. **Eligibility:** Men only, all abilities. Wheelchair friendly.

Where: Lions Berry Park, Bathurst
When: Every Thursday 5.30pm
Contact Name: Greg Sly
Email: men@bxmenswalkandtalk.com.au
Phone: 0458276537

Women Who Walk. Cost - \$0 (Hosted by Central West Women's Health Centre)

Program description: A gentle walk and talk.

Fitness requirements: Anyone with any fitness level welcome, slow walk.

Eligibility: All ages and experience levels.

Where: Lions Berry Park, Bathurst
When: Mondays 9.30 am (9.00am during daylight savings time)
Website: www.cwwhc.org.au
Phone: 63314133

Bathurst Parkrun. Cost - \$0 (Hosted by Parkrun)

Program description: Community wellbeing through exercise, participation and connection - participate as runner, walker or volunteer

Fitness requirements: Slow walk to participate, all abilities to volunteer. **Eligibility:** Open to all (including dogs on leads)

Where: Bicentennial Park, Bathurst
When: Saturdays 8.00am
Contact Name: Stephen & Jenn
Website: www.parkrun.com.au/bathurst/
Phone: 0458276537

Stroll And Roll. Cost - \$0 (Hosted by Australian Emotional Wellness Association)

Program description: Walk and Talk – for all abilities and ages.

Fitness requirements: All abilities.

Eligibility: Open to all (including prams, chairs, mobility scooters).

Where: 118 Keppel Street (meet on Cathedral footpath). **Contact:** David Cumming
When: Tuesdays 6.30am
Email: contact@aewa.org.au
Website: www.aewa.org.au **Phone:** 0408884208

8 Point Tai Chi. Cost - Gold coin donation. (Hosted by The Neighbourhood Centre)

Program description: 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.

Fitness requirements: All ages including seniors and those with health & mobility challenges. **Eligibility:** Open to all.

Where: TNC, 96 Russell St, Bathurst
When: Wednesdays 10am. (During School Terms)
Email: binc@binc.org.au
Website: www.binc.org.au
Phone: 63324866.

Asteri Greek Dance & Fitness - Cost - \$10 (Cash only) (Hosted by Panthers Bathurst)

Program description: Get fit through learning Greek Dance!

Fitness requirements: All.

Eligibility: All ages. Everyone is welcome! Greek & Non-Greek. Experience in dance or not! No judgment.

Where: Bathurst Panthers. 132 Piper St.
Phone: 0412472397
When: Tuesdays (Fortnightly). 6.30pm-7.30pm.
Contact Name: Irene Kavouras-Aiello
Email: asterigreekdance.fitness@gmail.com

Over 65's Walk. Cost - \$5 (Hosted by New Horizons)

Program description: Easy group walk.

Fitness requirements: All abilities.

Eligibility: Over 65. Must be registered with My Aged Care.

Where: Morse Park, Bathurst
When: Tuesdays 8.30am
Contact Name: Melinda Warner
Email: Mwarner@newhorizons.org.au
Phone: 0437139418

Seated Tai Chi. Cost - \$5 (Hosted by New Horizons)

Program description: Tai chi exercises for the over 65s while in a chair.

Fitness requirements: All abilities.

Eligibility: Over 65. Must be registered with My Aged Care.

Where: 369 Stewart Street, Bathurst.
When: Wednesdays 1.30pm.
Contact Name: Melinda Warner
Email: Mwarner@newhorizons.org.au
Phone: 0437139418

Morse Park Walkers. Cost - \$0 (Hosted by Heart Foundation.)

Program description: 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.

Fitness requirements: Any walking ability, with or without walking aids. **Eligibility:** Any age or gender.

Where: Morse Park, Bathurst.
When: Mondays at 9.30am or 9am in Summer.
Contact Name: Lorraine Griffin.
Email: larrieg20a@gmail.com
Phone: 0435786485

Zumba. Cost - \$7.50 (Hosted by PCYC)

Program description: Dance based fun and fitness.

Fitness requirements: All abilities.

Eligibility: All ages and experience levels.

Where: 2 Commonwealth Street, Bathurst.
When: Mondays 06.00pm – 07.30pm.
Contact Name: Linda Clements
Email: bathurst@pcycnsw.org.au
Phone: 63312191

Dragon Boating. Cost - \$0 for the first 28 days. (Hosted by Bathurst Pandragons)

Program description: Team paddling for fun, friendship & fitness. As competitive or as social as you like. Opportunities to represent at region, state and nation levels.

Fitness requirements: Fitness will improve as you paddle – we start slowly with beginners!

Eligibility: Men and women over the age of 10.

Where: Ben Chifley Dam, Lagoon Rd, The Lagoon
When: Day light savings times: Tuesdays & Thursdays 5.30pm & Sundays 8.30am. Winter paddling- Thursday 6.30am and Sunday 9am.
Email: pandragons.website@gmail.com

Cardiopulmonary Rehabilitation Program. Cost - \$0 (Hosted by NSW Health)

Program description: Education from a physiotherapist, cardiologist, and psychologist; assessment is mandatory before starting. Upon GP approval, an optional ongoing maintenance program is available for all.

Fitness requirements: Follow instructions /move between stations. **Eligibility:** Cardio / Respiratory / Long Covid diagnosis.

Where: Ochre Medical CSU, Bathurst
When: Mondays, Tuesdays & Wednesdays.
Email: jane.thompson@health.nsw.gov.au
Phone: 0409790853
Fax: 63305742

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<p>Maintenance Program. Cost - \$5 (Hosted by Studio Benefit)</p> <p>Program description: Exercise program gentle and progressive and individual based.</p> <p>Fitness requirements: Must have completed the Cardiopulmonary rehab program, be Independent and follow instructions.</p> <p>Eligibility: Specific form to be completed by GP/Specialist.</p>	<p>Where: Ochre Medical CSU, Bathurst When: Thursday 12.00pm. Contact Name: Demi Chapman Email: studiobenefit@icloud.com Phone: 049999868</p>
<p>Running. Cost - \$10 (Hosted by Run Riot)</p> <p>Program description: Running practice and training.</p> <p>Fitness requirements: All abilities.</p> <p>Eligibility: Ages 12 and up.</p>	<p>Where: Venue changes – see Facebook page. When: 6pm Contact Name: Wes Gibson Facebook: www.facebook.com/runriotAUS/ Email: runriotaus@hotmail.com Phone: 0437698460</p>
<p>Running For Kids. Cost - \$10 (Hosted by Run Riot)</p> <p>Program description: Running fundamentals, running form, development and play based activities.</p> <p>Fitness requirements: All abilities.</p> <p>Eligibility: Ages 5 – 14.</p>	<p>Where: Berry Park, Bathurst. When: Wednesdays at 4.30pm (school terms). Facebook: www.facebook.com/runriotAUS/ Email: runriotaus@hotmail.com Phone: 0437698460</p>
<p>Athletics and Cross-Country. Cost - \$10 (Hosted by Run Riot)</p> <p>Program description: Junior Athletics and Cross Country training.</p> <p>Fitness requirements: Athletes involved in competitive running or by enquiry.</p> <p>Eligibility: Ages 8 – 18.</p>	<p>Where: Morse Park, Bathurst. When: Fridays at 4.15pm. Facebook: www.facebook.com/runriotAUS/ Email: runriotaus@hotmail.com Phone: 0437698460</p>
<p>Aquatic Classes. Cost - From \$9.40 weekly concession (Hosted by Manning Aquatic Centre (public pool).)</p> <p>Program description: 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.</p> <p>Fitness requirements: All abilities. Eligibility: All ages and experience levels.</p>	<p>Where: 9 Elizabeth Street, Bathurst. When: 7 days/week – check website. Website: www.bathurstaquatic.com.au Email: reception@bathurstaquatic.com.au Phone: 63319333.</p>
<p>Swim Access. Cost - From \$7.80 weekly concession (Hosted by Manning Aquatic Centre (public pool).)</p> <p>Program description: Lane and open pool swimming.</p> <p>Fitness requirements: All abilities.</p> <p>Eligibility: All ages and experience levels.</p>	<p>Where: 9 Elizabeth Street, Bathurst. When: 7 days/week – check website. Website: www.bathurstaquatic.com.au Email: reception@bathurstaquatic.com.au Phone: 63319333.</p>
<p>Flexit Over 50's. Cost - \$5 (Hosted by Studio Benefit.)</p> <p>Program description: Low-impact, floor-free exercise class tailored for those over 50, promoting cardiovascular fitness, balance, coordination, and muscular strength for beginners or returnees.</p> <p>Fitness requirements: All abilities. Eligibility: Over 50's.</p>	<p>Where: RSL Rankin St Auditorium Bathurst. When: Tuesdays 10.30am. Email: studiobenefit@icloud.com Website: www.studiobenefit.com.au/ Phone: 0438430082. Contact: Liz Schembri.</p>
<p>Cardio Weights. Cost - \$5 (Hosted by Studio Benefit.)</p> <p>Program description: Low-impact exercise with optional light hand weights, followed by a full-body circuit using both body weight and dumbbells.</p> <p>Fitness requirements: Not for beginners.</p>	<p>Where: RSL Rankin St Auditorium Bathurst. When: Thursdays Email: studiobenefit@icloud.com Website: www.studiobenefit.com.au/ Phone: 0438430082. Contact: Liz Schembri.</p>
<p>Chair Yoga. Cost - \$8 (Hosted by Studio Benefit.)</p> <p>Program description: Beginner-friendly Modified Yoga class with pose adaptations for all bodies, excluding floor work. Enhance flexibility, strength, and relaxation through movement, stretching, and meditation.</p> <p>Fitness requirements: No experience required.</p>	<p>Where: Livestream or 234a Lambert Street, Bathurst. Email: studiobenefit@icloud.com Website: www.studiobenefit.com.au/ Phone: 0438430082. Contact: Chloe Haberecht</p>
<p>Mind+Move Remain Active - Cost - \$5 (Hosted by Catholic Healthcare)</p> <p>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.</p> <p>Fitness requirements: Mobile and able to walk without an aide. Eligibility: Seniors 65+</p>	<p>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</p>
<p>Wednesday Walkers. Cost - \$0 (Hosted by Uniting Church.)</p> <p>Program description: 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.</p> <p>Fitness requirements: Reasonable fitness required. Eligibility: Open to all.</p>	<p>Where: Meet McDonald's Bathurst rear car park When: Wednesday at 7am. Facebook: www.facebook.com/bathurstuca Email: kayeandrobin@outlook.com Phone: 0417850263 Contact: Kaye Price</p>
<p>Community Yoga. Cost - \$0 (Hosted by Pranayoga Bathurst.)</p> <p>Program description: Join Jan the last Sunday of each month for Free Community Yogain the Park. Feel the benefits of being in nature & a sense of well-being. Relaxing our mind, creating calmness & body awareness. Yoga & Meditation helps us manage stress & declutter our mind, leaving us feeling happier & lighter within ourselves. Eligibility: Everybody is welcome.</p>	<p>Where: Machattie Park or Bicentennial Park When: Last Sunday of each month 10am-11am Website: www.pranayogabathurst.com.au Email: pranayoga@optusnet.com.au Phone: 0423205801 Contact: Jan Green</p>
<p>Zumba With Karen - Cost - \$10 (U3A Seniors - \$7) (Hosted by Healthworld Gym Stewart St)</p> <p>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)</p> <p>Fitness requirements: All levels, step to music, add arms for extra cardio, small jump step to step. Bring water.</p>	<p>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</p>



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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