WESTERN SYDNEY UNIVERSITY

LOW COST OR NO COST EXERCISE IN BATHURST

The Neighbourhood Centre

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

Bathurst Women 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 - particpate 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: Jenn
Email: bathurst@parkrun.com
Website: www.parkrun.com.au/bathurst/

Chair Yoga - Cost - $8 (Hosted by Universal Wellness)

Program description: Seated Yoga suitable for all Adults of all abilities.
Fitness requirements: All abilities.
Eligibility: 18+

When: Mon, Wed & Fri. 1pm - 2pm.
Where: Bathurst Panthers.
Contact Name: Nicole Booth
Phone: 0407249313

8 Form 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.

Revitalise. Cost - $6 (Hosted by Dedicated To Fitness))

Program description: A mature age class for the young at heart. A low impact workout designed for all levels of fitness. A combination of resistance, cardio, core, and flexibility training.

Fitness requirements / Eligibility: These classes suit the older generation or someone just starting their fitness journey.

Where: 21 Bradwardine Rd, Bathurst.
When: Tuesdays at 11.00am (45min) & Thursdays at 11.45am (45min).
Phone: 6332 4000
Website: bathurstarchers@gmail.com
Facebook: www.facebook.com/FitnessBathurst

Over 65's Exercise Group. Cost - $5 (Hosted by New Horizons)

Program description: Easy exercise group.
Fitness requirements: All abilities.
Eligibility: Over 65. Must be registered with My Aged Care.

Where: New Horizons 369 Stewart Street Bathurst **When:** Tuesdays 9.30 - 11.30am.
Contact Name: Iben Helner
Email: ihelner@newhorizons.org.au
Phone: 0435522460

Community Yoga. Cost - $0 (Hosted by Pranayoga Bathurst.)

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 mange stress & declutter our mind, leaving us feeling happier & lighter within ourselves. **Eligibility:** Everybody is welcome.

Where: Machattie Park
When: Last Sunday of each month 10am-11am
Website: www.pranayogabathurst.com.au
Email: pranayoga@optusnet.com.au
Phone: 0423205801 **Contact:** Jan Green

BX Roadrunners. Cost - $0

Program description: BX Roadrunners is a local social walking / running group that welcomes people from all abilities.
Facebook: www.facebook.com/profile.php?id=61569359455351 **Instagram:** www.instagram.com/bx_roadrunners
Fitness requirements / Eligibility: Open to everyone!

WWhen: Wednesdays at 6:00am
Where: From Moubar Vintage
Contact Name: Fred Gunning
Email: FGunning01@hotmail.com

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

Maintenance Program. Cost - $5 (Hosted by Studio Benefit)

Program description: Exercise program gentle and progressive and individual based.
Fitness requirements: Must have completed the Cardiopulmonary rehab program, be Independent and follow instructions.
Eligibility: Specific form to be completed by GP/Specialist.

Where: Ochre Medical CSU, Bathurst
When: Thursday 12.00pm.
Contact Name: Demi Chapman
Email: studiobenefit@icloud.com
Phone: 0499999868

Running. Cost - $10 (Hosted by Run Riot)

Program description: Running practice and training.
Fitness requirements: All abilities.
Eligibility: Ages 12 and up.

Where: Venue changes – see Facebook page.
When: 6pm **Contact Name:** Wes Gibson
Facebook: www.facebook.com/runriotAUS/
Email: runriotaus@hotmail.com
Phone: 0437698460

DanceMoves. Cost - $0 (Hosted by Dance Health Alliance & Western NSW Local Health District.)

Program description: Listen to your music favourites while building strength, balance, mobility and flexibility. DanceMoves can be done seated with a progression to standing.
Fitness requirements: No experience is needed. **Eligibility:** Open to everyone!

Where: Ochre Medical Centre, CSU, Panorama Avenue, Bathurst.
When: Running each term is 2025
Phone: 02 6809 8963
Register: www.binc.org.au/dancemoves/

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:** 0498074175
When: Wednesday 9-10am
Contact Name: Tracey Boyce
Email: Tracey.Boyce@chcs.com.au

Running For Kids. Cost - $10 (Hosted by Run Riot)

Program description: Running fundamentals, running form, development and play based activities.
Fitness requirements: All abilities.
Eligibility: Ages 5 – 14.

Where: Berry Park, Bathurst.
When: Wednesdays at 4.30pm (school terms).
Facebook: www.facebook.com/runriotAUS/
Email: runriotaus@hotmail.com
Phone: 0437698460

Athletics and Cross-Country. Cost - $10 (Hosted by Run Riot)

Program description: Junior Athletics and Cross Country training.
Fitness requirements: Athletes involved in competitive running or by enquiry.
Eligibility: Ages 8 – 18.

Where: Morse Park, Bathurst.
When: Fridays at 4.15pm.
Facebook: www.facebook.com/runriotAUS/
Email: runriotaus@hotmail.com
Phone: 0437698460

Aquatic Classes. Cost - From $9.40 weekly concession (Hosted by Manning Aquatic Centre (public pool).

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.
Fitness requirements: All abilities. **Eligibility:** All ages and experience levels.

Where: 9 Elizabeth Street, Bathurst.
When: 7 days/week – check website.
Website: www.bathurstaquatic.com.au
Email: reception@bathurstaquatic.com.au
Phone: 63319333.

Swim Access. Cost - From $7.80 weekly concession (Hosted by Manning Aquatic Centre (public pool).

Program description: Lane and open pool swimming.
Fitness requirements: All abilities.
Eligibility: All ages and experience levels.

Where: 9 Elizabeth Street, Bathurst.
When: 7 days/week – check website.
Website: www.bathurstaquatic.com.au
Email: reception@bathurstaquatic.com.au
Phone: 63319333.

Flexit Over 50's. Cost - $5 (Hosted by Studio Benefit.)

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.
Fitness requirements: All abilities. **Eligibility:** Over 50's.

Where: RSL Rankin St Auditorium Bathurst.
When: Tuesdays 10.30am.
Email: studiobenefit@icloud.com
Website: www.studiobenefit.com.au/
Phone: 0438430082. **Contact**: Liz Schembri.

Cardio Weights. Cost - $5 (Hosted by Studio Benefit.)

Program description: Low-impact exercise with optional light hand weights, followed by a full-body circuit using both body weight and dumbbells.
Fitness requirements: Not for beginners.

Where: RSL Rankin St Auditorium Bathurst.
When: Thursdays
Email: studiobenefit@icloud.com
Website: www.studiobenefit.com.au/
Phone: 0438430082. **Contact**: Liz Schembri.

Chair Yoga. Cost - $10 (Hosted by Studio Benefit.)

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.
Fitness requirements: No experience required.

Where: Livestream or 234a Lambert Street, Bathurst.
When: Mon, Wed & Fri 8.30am
Email: studiobenefit@icloud.com
Phone: 0438430082. **Contact**:Chloe Haberecht

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 & Thursdays at 9.30am or 9am in Summer. **Contact Name:** Larraine Griffin.
Email: larrieg20a@gmail.com
Phone: 0435786485

Wednesday Walkers. Cost - $0 (Hosted by Uniting Church.)

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.

Fitness requirements: Reasonable fitness required. **Eligibility:** Open to all.

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

Zumba With Karen - Cost - $10 (U3A Seniors) (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) (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) (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

Stepping On – Building Confidence and Reducing Falls. Cost - $0 (Hosted by NSW Health)

Program description: Stepping On is a 7 week program designed for people who are living at home and have experienced a fall or are concerned about falling.The program is an evidence-based. The program incorporates strategies to implement positive lifestyle changes to keep you independent, upright and active. It includes health education and balance and leg strengthening exercises.

Fitness requirements: Able to walk independently or with walking stick. **Eligibility:** 65 years and older (not suitable for people) with cognitive issues)

Where: Ochre Medical Centre, CSU, Panorama Avenue, Bathurst.
When: 23/04/2026 to 04/06/2026. Weekly: 1pm – 3pm & 21/10/2026 - 02/12/2026. Weekly: 10am - 12noon. **Phone:** 02 6330 5309
Email: lynnmaree.madden@health.nsw.gov.au

Come and Try Archery. Cost - $10 (Hosted by Bathurst Archers Inc)

Program description: Our beginner's classes are great for overall physical health, mental focus and wellbeing. Archery helps with upper body and arm strength, and it provides opportunities for walking, standing, balance improvement, eye hand coordination and mental focus. Archery is a social and a competitive sport. Coaches are on hand to provide support and guidance.

Fitness requirements / Eligibility: Archery is an inclusive sport with a range of club equipment available in different sizes and weights. From age 5 and up.

Where: 255 Boundary Road, Bathurst.
When: Saturdays: Beginner's Classes from 9.30 to 12pm. Women and Girls sessions from 12.30 to 3 pm.
Phone: 0455 309 596
Register: www.eventbrite.com.au/o/bathurst-archers-inc-70856013283
Email: bathurstarchers@gmail.com

Easyfit Circuit. Cost - $6 (Hosted by Dedicated To Fitness))

Program description: Easyfit Circuit combines the basics of circuit and bootcamp style training into a supportive, low impact group workout.

Fitness requirements / Eligibility: This class is perfect for anyone looking to move more, feel strong and gain confidence.

Where: 21 Bradwardine Rd, Bathurst.
When: Mondays at 9.45am (45min) & Thursdays at 10.00am (45min)
Phone: 6332 4000
Website: bathurstarchers@gmail.com
Facebook: www.facebook.com/FitnessBathurst