

# Gentle Exercises

Our General Exercise class is facilitated by our Greek speaking instructor. The class to help promotes general movement and exercise to improve general health and promote a sense of wellbeing.

Our classes are fun and a great way to meet people.

Details about how to register are attached. If you have any questions or want to arrange a free trial please call us on 9006 6580.

## **Session Times**

Monday 9:30 – 10:30am

Tuesday 9:30 – 10:30am

## **Where**

1/21 Goodwood St, Richmond  
Multipurpose Room

## **FEES 2025**

**Registered with My Aged Care, fee**  
\$10 per session

**Home Care Package recipient, fee**  
\$20 per session

\*If you choose for this program to be included  
in your Home Care Package

All fees are invoiced monthly  
for the attended sessions.



## Exercising Safely

Regular participation in structured exercise is important for maintaining good health but please talk to your doctor before joining our program. You should also consult your health professional if you have been unwell or are returning to exercise following surgery to make sure that you are fit and well enough.

Stop exercising IMMEDIATELY & notify your instructor if you experience discomfort or pain, including chest pain, extreme breathlessness or a rapid or irregular heartbeat.

Here are some tips for participating in an exercise class or walking group:

- Wear comfortable clothing such as shorts and t-shirt, or a tracksuit. Always wear appropriate lace-up shoes.
- Bring along any medication required with your name clearly labelled and make sure it is easily reached.
- Bring along a water bottle, exercise mat and an old towel.
- Come to class on time to participate in the warm-up.

The Walking Group will not run when extreme weather conditions are predicted, including fire danger, temperatures over 35°C, or thunderstorms.