

Keeping fit is even more important as we get older.

Regular exercise can improve balance, strength, mobility and help reduce pain and the risk of falls.

With this in mind, the City is pleased to offer free fitness classes to people aged 50 and over through our Fit for Life program. This is your chance to try the range of fitness programs offered in the City of Bayswater in a relaxed and social setting.



City of
Bayswater
Community Centres

Register today

To register, call Bayswater Community Centre or Morley Community Centre.

Bayswater Community Centre

27 King William Street, Bayswater

P: 9271 5198

Monday to Friday: 8.30am - 3.00pm

Morley Community Centre

6A Blades Close, Morley

P: 9276 6108

Monday to Friday: 8.30am - 3.00pm

This brochure is available
in alternative formats
upon request.



City of
Bayswater
Community Centres



Fit for life

Free exercise classes
for over 50s





Autumn 2019 Program

Activity	Morley Community Centre	Bayswater Community Centre
Yoga Gentle stretching and movement to help improve your mobility, strength and balance. Please bring a towel or yoga mat.	9:30am - 10:30am Monday 29 April	1pm - 2pm Wednesday 1 May
Indoor Carpet Bowls Improve your fitness and coordination in a fun and social setting.	9:30am - 10:30am Monday 6 May	1pm - 2pm Wednesday 8 May
Silver Sneakers Low-impact exercises focusing on functional strength to help prevent falls.	9:30am - 10:30am Monday 13 May	1pm - 2pm Wednesday 15 May
Line Dancing Learn short dance sequences in a relaxed environment. No partners needed.	9:30am - 10:30am Monday 20 May	2pm - 3pm Wednesday 22 May
Tai Chi Learn how to improve your balance with Taoist Tai Chi™ internal arts of health.	9:30am - 10:30am Monday 27 May	1pm - 2pm Wednesday 29 May
Walking Group and Wind Up Event Try out our walking group then join us for morning tea.	9:00am - 10:30am Tuesday 4 June	9:00am - 10:30am Wednesday 5 June