













































fit for life October 2023 Activity Calendar

see reverse for more details

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
		2-2.45pm Aqua Aerobics \$10 class @ Crawchies 	6.30 – 7.15am + 11.15 – 12pm Free Boxing class- Fluro Fun – Charles Harper Park  11am free beginners class Imperium Group Fitness 	Fit2Shine Holiday program - free 11-12.30pm 9-12yrs 12.30 -2pm 13-17yrs 	5.15 – 6am Beginners Run Club - Free Nuff's Fitness  10-10.45am free walking group - Fluro Fun meet @ Rotunda Charles Harper Park 1- 1.30pm Free Falls Prevention class @ Equilibrium Healthcare - bookings essential 8-11 am "Bring a Friend Fridays" Burgh HUB - weights, 8am retro dance class, 9.15 ABT - Abs Butt Thighs 	
8	9	10	11	12	13	14
10:30am Coalcliff Ocean Swim Club - First Swim of the season. Coalcliff SLSC  	7- 7.30am Free Nuff's metafit  1.30pm Free Pilates -TPM  1.30pm Postural Stability Falls Prevention Class (Club Thirroul) Wildmann Group  5.30 – 6pm Free Nuff's metafit 	6.30pm Free Zumba class @ Burgh Hub  <i>Love Helensburgh</i> <i>Laugh Zumba</i> <i>Dance</i> 	11am Free beginners class Imperium Group Fitness 		5.15- 6am Beginners Run Club - Free Nuff's Fitness  8-11am "Bring a Friend Fridays" Burgh Hub -weights, 8am retro dance class, 9.15 ABT - Abs Butt Thighs) Free creche  1pm – 1.30 Free Falls prevention class @ Equilibrium Healthcare bookings essential 	10.30 – 1.30 Free Movement Assessment & Improvement Strategy Session – Mind the Gap (Bookings Essential) 
15	16	17	18	19	20	21
	7- 7.30am Free Nuff's metafit  1.30pm Free Pilates -TPM  1.30pm Postural Stability Falls free Prevention Class (Club Thirroul) Wildmann Group  5.30 – 6pm Free Nuff's metafit 	11-12.30pm Free Movement Assessment & Improvement Strategy Session – Mind the Gap (Bookings Essential) 	11am Free beginners class Imperium Group Fitness 		5.15 – 6am Beginners Run Club - Free Nuff's Fitness  8-11am "Bring a Friend Fridays" Burgh Hub - weights, 8am retro dance class, 9.15 ABT - Abs Butt Thighs) Free creche  1pm – 1.30 Free Falls prevention class @ Equilibrium Healthcare bookings essential 	8am Free Zumba class (Burgh Hub)  <i>Love Helensburgh</i> <i>Laugh Zumba</i> <i>Dance</i> 
22	23	24	25	26	27	28
10:30am Coalcliff Ocean Swim Club Coalcliff SLSC  	7- 7.30am Free Nuff's metafit  1.30pm Free Pilates -TPM  1.30pm Postural Stability Falls Prevention Class (Club Thirroul) Wildmann Group  5.30 – 6pm Free Nuff's metafit 	11.15 – 12am Free walking group Fluro Fun – meet @ Rotunda - Charles Harper Park  2-2.45pm \$10 Aqua Aerobics @ Crawchies  6:30pm Free Zumba Class @Helensburgh Hub 	11am Free beginners class Imperium Group Fitness 		5.15 – 6am Beginners Run Club - Free Nuff's Fitness  6:30-7:15am Free Class Boxing - Fluro Fun @ Rotunda Charles Harper Park  1- 1.30pm Free Falls Prevention Class Equilibrium Healthcare bookings essential 8-11 am "Bring a Friend Fridays" Burgh HUB weights, 8am retro dance class, 9.15 ABT - Abs Butt Thighs Free creche 	
29	30	31	<div><h1>fit for life</h1><p>If you do just 30 minutes of activity that gets your heart rate up at least a little on most days of the week you're going to improve your physical and mental health markedly. Do things that help with strength on just 2 of those days and you're going to stay healthy longer, and feel better too. This month you can try some of these awesome activities developed specifically for <i>fit for life</i> to make keeping active fun. You don't need to be fit to start and everyone is welcome. Don't be scared, we've made this for you.</p></div> <div><p>brought to you by</p><p>eqhc.com.au</p></div>			
Free Social Walk Register interest with Mind the Gap 	7- 7.30am Free Nuff's metafit  1.30pm Free Pilates -TPM  1.30pm Postural Stability Falls Prevention Class (Club Thirroul) Wildmann Group  5.30 – 6pm Free Nuff's metafit 	11.15 – 12am free walking group (Fluro Fun – meet Rotunda Charles Harper Park) 				

fit for life



An **Equilibrium Healthcare** initiative, supported by our fantastic local fitness partners. Working together for a happier, healthier community.

	Provider	Activity	Location	Contacts for information and booking
	Nuff's Fitness	Free run club and metafit classes	Contact Adam via Facebook messenger for location details (it changes each time)	https://www.facebook.com/NuffsFitness
	Mind the Gap Fitness	Free social walk Free first class Free movement assessment	Bookings essential Unit 19, Helensburgh Business Park, 17 Cemetery Road, Helensburgh	Facebook message physicalpursuit@bigpond.com Text 0417 679 639 to book
	The Burgh Healthy Hub	'Bring a Friend Free Fridays' Members can bring a friend, includes weights, classes and creche	The Burgh Healthy Hub 338 Cemetery Rd, Helensburgh	4294 1282
	Fluro Fun & Fitness	Free walking groups Free boxing classes	Meeting Charles Harper Park	Text Alison 0412 626 733 to book
	Imperium Group Fitness	Free beginners classes – Basic fitness movements focused on technique plus low to moderate cardio fitness	Unit 6, Helensburgh Business Park, 17 Cemetery Road, Helensburgh	Imperiumgroupfitness@gmail.com 0478 947 994
	Fit2Shine	Free kids and teens holiday program	Burgh Healthy Hub	lee@fit2shine.com.au Shari 0414 693 394
	Equilibrium Healthcare - James Davy, Physiotherapy	Free falls prevention class	Equilibrium Healthcare 18/61-63 Walker Street Helensburgh	4294 1955 Bookings required
	Coalcliff Surf Club	Coalcliff Ocean Swim Club	Coalcliff Beach Registration required via website	https://www.coalcliffslsc.com.au/oceanswimclub
	Wildmann Group	Postural stability falls prevention classes – 1 free class per person	Club Thirroul Function Room – 2B Station Street, Thirroul 2515	awildner@wildmanngroup.com No bookings required
	Helensburgh Zumba	Free Zumba classes for anyone who would like to try Zumba	Burgh Healthy Hub	helensburghzumba@gmail.com No bookings required
	The Physio Pilates Movement	Free outdoor Pilates class	Charles Harper Park	hello@thephysiopilatesmovement.com.au 4294 3173
	Crawchy's Swim School	Aqua aerobics classes \$10	Bookings essential Unit 5, Helensburgh Business Park, 17 Cemetery Road, Helensburgh	Text Alison 0412 626 733 to book