

SENIOR EXERCISE PROGRAM CALENDAR

MONDAY

9.00 a.m. - 9.45 a.m.

Warm Water Exercise
with Instructor

Location: Dandenong
Oasis

9.45 a.m. - 10.30 a.m.

Warm Water Exercise
with Instructor

Location:
Dandenong Oasis

10.30 a.m. - 11.30 a.m.

Gym Session

Location:
Casey Race,
Cranbourne East

TUESDAY

10.30 a.m. - 11.30 a.m.

Strength Training –
Chair based with
Instructor.

Location:
SMRC Office,
Dandenong

12.30 p.m. - 1.30 p.m.

Gym and Warm Water
Exercise program

Location:
Cardinia Life,
Pakenham



WEDNESDAY

1.00 p.m. - 2.00 p.m.

Allied Health
Hydrotherapy

Location:
Genesis Fitness
Dandenong



THURSDAY

10.45 a.m. - 11.45 a.m.

Warm Water Exercise
with Instructor

Location:
Monash
Aquatic Centre



11.30 a.m. - 12.30 p.m.

Warm Water Exercise

Location:
Casey Race,
Cranbourne East

FRIDAY

11.30 a.m. - 2.00 p.m.

Gym session
(LADIES ONLY)

Location:
Genesis Fitness,
Dandenong



Enquires:

Contact SMRC's
Intake & Referral Team
on (03) 9767 1900

Email:

intake@smrc.org.au

www.smrc.org.au

SMRC:

39 Clow Street,
Dandenong VIC 3175

Dandenong Oasis:

Heatherton Rd & Cleeland St,
Dandenong VIC 3175

Casey Race:

65 Berwick-Cranbourne Rd,
Cranbourne East VIC 3977

Cardinia Life:

4/6 Olympic Way,
Pakenham VIC 3810

Monash Aquatic Centre:

626 Waverley Rd,
Glen Waverley VIC 3150

Genesis Fitness:

63 Scott St,
Dandenong VIC 3175

We conduct client reviews every 11 weeks.

Fee: Co-contribution required.

Supported by the Australian Government Department of Health, Disability and Ageing.