

HEALTHY LIFESTYLE

Get Fit • Feel Great • Have Fun



TERM **4** 2018
October – December

8877 5300

www.nshealthpromotion.com.au

Email: nsldh-healthy lifestyle@health.nsw.gov.au



Health
Northern Sydney
Local Health District

Courses Offered

Strength Training

Uses adjustable free weights and body weight exercises to improve muscle strength. Particularly recommended for people living with osteoporosis. All new participants are required to start at Level 1/ beginners.

Gentle Exercise

Low impact exercise classes (no jumping) to improve cardiovascular, muscle tone and flexibility. Gentle Pace offers low complexity movements including some seated exercise. Easy Pace classes are for those new to exercise or getting back into it. Exercises are low intensity with minimal choreography.

Active Exercise

This is for those wanting a more challenging workout than a Gentle Exercise class. Join us for a comprehensive workout to shape up, tone up and improve your fitness level. Look fit, feel recharged and move with ease. Some level of fitness and coordination is required as these are not beginners' classes.

Stretch and Tone

A class particularly suited to those who would like to maintain flexibility and muscle tone. This class is suitable for most fitness levels.

Abs, Butts & Thighs

A great lower body and core stability workout that will also improve posture and balance.

Tone & Balance

Focus on improving muscle tone, strength and balance. Chair supported options provided. Attain better overall mobility and posture.

Men's MoveMENT Fitness Class

Developed & taught by our male fitness trainers, this class challenges your fitness and strength by exercising in a circuit setting. Improve your skills, reflexes, leg, core/back and upper body strength. A great way to meet new mates.

Upright and Active

This is a falls prevention program for less active older adults who would like to improve balance and stability. It is tailored to individual needs and includes chair and chair-assisted exercises. Aims to improve the ability to perform daily activities, and reduce the risk of a fall.

Courses Offered

Warm Water Exercise

Light classes in a hydrotherapy pool with a water temperature of 30 -32°C and helpful for arthritis, joint mobility or after joint replacement surgery. If you are new to exercise, begin with a Gentle Pace class first. Non-swimmers welcome. Ai Chi classes consist of Tai Chi style movements in warm water.

Aqua Exercise

Held in community pools with an approximate water temperature of 27 or 28°C and faster pace than warm water exercise. Gentle Pace is suitable for those with joint problems and for beginners. Medium Pace is a faster workout for fitter people in chest deep water that aims to improve fitness.

Tap Dancing

Feels more like fun than exercise. Low impact moves to music keep your mind, muscles and joints active. Tap shoes not essential.

Zumba Gold®

This class provides modified low-impact moves for active older adults and anyone wanting an easier start to Zumba classes.

Pilates

A mind-body class using mat exercises to focus on core abdominal/ back muscles and posture. Not suitable for those with unstable conditions, bulging discs or osteoporosis. Must be able to get up/ down from the floor with ease.

Qigong

A gentle practice of aligning body, breath and mind for health.

Tai Chi

Tai Chi is a gentle revitalising way to exercise the body and relax the mind. Suitable for most fitness levels. Tai Chi Movements for Arthritis is designed to reduce joint pain and stiffness and improve quality of life. Gentle Tai Chi is a modified form that is easy and enjoyable to learn.

Yoga

Yoga is for everyone regardless of age or fitness level. Stretch, strengthen, energise, and experience wellbeing of body and mind through movement, breathing and relaxation.

Course Fees

Courses in General

Healthy Lifestyle courses in Term 4 will run for 9 weeks.

Fee: \$99 (\$79 concession)

Any exceptions to these fees are marked with ** and the fee shown in the text applies.

Course Duration

Generally courses run for 60 minutes unless otherwise stated.

Aqua classes vary from 30 to 45 minutes depending on the venue.

Insurance Eligibility

Participants are encouraged to explore the potential for rebates with their private health insurer.

The Healthy Lifestyle program is a non-registered provider for the National Disability Insurance Scheme. NDIS participants may be able to use self-managed funds to claim the cost of attending a Healthy Lifestyle course if it is included in their plan prior to registering.

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Hornsby Ku-ring-gai



Warm Water Exercise @ Hornsby Hospital

A Healthy Lifestyle Medical Clearance Form is required from all **NEW** participants. Please download the form from our website or call the office to have one sent out to you.

Gentle Pace

H-A418M	Mon	12.00pm	15 Oct-10 Dec	Hornsby
H-A418T1	Tue	12.35pm	16 Oct-11 Dec	Hornsby
H-A418T3	Tue	7.15pm	16 Oct-11 Dec	Hornsby
H-A418W	Wed	12.00pm	17 Oct-12 Dec	Hornsby
H-A418W1	Wed	12.35pm	17 Oct-12 Dec	Hornsby
H-A418W3	Wed	7.15pm	17 Oct-12 Dec	Hornsby
H-A418R	Thur	12.00pm	18 Oct-13 Dec	Hornsby
H-A418R2	Thur	6.15pm	18 Oct-13 Dec	Hornsby
H-A418S	Sat	8.30am	20 Oct-15 Dec	Hornsby
H-A418S1	Sat	9.10am	20 Oct-15 Dec	Hornsby
H-A418S2	Sat	9.50am	20 Oct-15 Dec	Hornsby

(Warm Water Exercise continued page 6)

Warm Water Exercise @ Hornsby Hospital

A Healthy Lifestyle Medical Clearance Form is required from all **NEW** participants. Please download the form from our website or call the office to have one sent out to you.

(Continued from page 5)

Medium Pace

H-A418M1	Mon	12.35pm	15 Oct-10 Dec	Hornsby
H-A418M2	Mon	5.30pm	15 Oct-10 Dec	Hornsby
H-A418M3	Mon	6.15pm	15 Oct-10 Dec	Hornsby
H-A418T	Tue	12.00pm	16 Oct-11 Dec	Hornsby
H-A418T2	Tue	6.30pm	16 Oct-11 Dec	Hornsby
H-A418W2	Wed	6.30pm	17 Oct-12 Dec	Hornsby
H-A418R1	Thur	12.35pm	18 Oct-13 Dec	Hornsby
H-A418R3	Thur	7.00pm	18 Oct-13 Dec	Hornsby

Warm Water Exercise @ Lindfield Gardens

A Healthy Lifestyle Medical Clearance Form is required from all **NEW** participants. Please download the form from our website or call the office to have one sent out to you.

Gentle Pace

H-AL418W1	Wed	11.30am	17 Oct-12 Dec	Lindfield ¹
H-AL418F	Fri	10.45am	19 Oct-14 Dec	Lindfield ¹

Aqua Exercise @ Gordon

Classes will run for 7 weeks. Fee: \$77 (\$61.50 concession)

No Medical Clearance Form is required.

Medium Pace

H-AR418R	Thur	7.15pm	18 Oct-29 Nov	Gordon
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Gentle Exercise

Gentle Pace

H-EG418T Tue 12.10pm 16 Oct-11 Dec Turrumurra

Easy Pace

H-ES418R Thur 9.15am 18 Oct-13 Dec Pennant Hills

Active Exercise

Medium Pace

H-EM418M Mon 6.00pm 15 Oct-10 Dec Turrumurra

H-EM418T Tue 8.40am 16 Oct-11 Dec Turrumurra

H-EM418T1 Tue 9.50am 16 Oct-11 Dec Turrumurra

H-EM418R Thur 10.20am 18 Oct-13 Dec Pennant Hills

H-EM418F Fri 9.50am 19 Oct-14 Dec Turrumurra¹

Advanced

H-EA418F Fri 8.40am 19 Oct-14 Dec Turrumurra¹

Pilates

H-EP418M Mon 10.10am 15 Oct-10 Dec Pennant Hills

Strength Training

A Healthy Lifestyle Medical Clearance Form is required from all NEW participants. Please download the form from our website or call the office to have one sent out to you.

Beginners

H-ST1418M Mon 12.40pm 15 Oct-10 Dec Turrumurra

H-ST1418T Tue 9.30am 16 Oct-11 Dec Berowra

H-ST1418T1 Tue 12.30pm 16 Oct-11 Dec Turrumurra

H-ST1418R1 Thur 10.40am 18 Oct-13 Dec Turrumurra

H-ST1418F Fri 11.30am 19 Oct-14 Dec Turrumurra

Maintenance

For those whose leader recommends moving to the next level.

H-ST2418M Mon 11.00am 15 Oct-10 Dec Turrumurra

H-ST2418M1 Mon 1.45pm 15 Oct-10 Dec Turrumurra

H-ST2418M2 Mon 6.00pm 15 Oct-10 Dec Turrumurra

H-ST2418T1 Tue 2.00pm 16 Oct-11 Dec Turrumurra

H-ST2418R1 Thur 9.30am 18 Oct-13 Dec Turrumurra

H-ST2418R2 Thur 2.15pm 18 Oct-13 Dec Turrumurra

H-ST2418F Fri 12.40pm 19 Oct-14 Dec Turrumurra



Tone & Balance

H-TB418M Mon 10.00am 15 Oct-10 Dec Pennant Hills¹

Although every effort is made to adhere to this program, Healthy Lifestyle retains the right to cancel or change arrangements at short notice.

See p.4 for information on course fees.

Tai Chi Movements for Arthritis

Beginner through Intermediate

H-TAB418R Thur 11.45am 18 Oct-13 Dec Hornsby¹

Tai Chi

*Classes will run for 8 weeks. Fee: \$88 (\$70.50 concession)
No classes on 4th & 5th Dec

All Levels

H-TC418T Tue* 10.00am 16 Oct-11 Dec Turrumurra

H-TC418T1 Tue* 11.00am 16 Oct-11 Dec Turrumurra

H-TC418W Wed* 11.00am 17 Oct-12 Dec Turrumurra

Gentle Tai Chi

H-TC418M Mon 11.45am 15 Oct-10 Dec Pymble

Upright & Active

A Healthy Lifestyle Medical Clearance Form is required from all NEW participants. Please download the form from our website or call the office to have one sent out to you.

If you would like a book to use at home please add \$7 to your payment.

H-F418M Mon 3.00pm 15 Oct-10 Dec Turrumurra

H-F418T Tue 9.00am 16 Oct-11 Dec Lindfield¹

H-F418T1 Tue 10.00am 16 Oct-11 Dec Lindfield¹

See p.4 for information on course fees.



Yoga

1 hour

H-Y418M	Mon	9.40am	15 Oct-10 Dec	Turrumurra
H-Y418M1	Mon	5.45pm	15 Oct-10 Dec	Turrumurra
H-Y418M2	Mon	8.00pm	15 Oct-10 Dec	Turrumurra
H-Y418T	Tue	8.50am	16 Oct-11 Dec	Turrumurra
H-Y418T1	Tue	5.50pm	16 Oct-11 Dec	Pennant Hills
H-Y418T2	Tue	6.00pm	16 Oct-11 Dec	Turrumurra
H-Y418T3	Tue	7.05pm	16 Oct-11 Dec	Turrumurra
H-Y418W	Wed	8.40am	17 Oct-12 Dec	Turrumurra
H-Y418W1	Wed	9.45am	17 Oct-12 Dec	Turrumurra
H-Y418W2	Wed	9.45am	17 Oct-12 Dec	Berowra
H-Y418F	Fri	8.45am	19 Oct-14 Dec	Turrumurra

1.5 hours **\$148.50 (\$119.00 conc)**

H-Y418T4	Tue	7.00pm	16 Oct-11 Dec	Berowra
H-Y418R	Thur	7.00pm	18 Oct-13 Dec	Berowra
H-Y418F1	Fri	9.50am	19 Oct-14 Dec	Turrumurra

Although every effort is made to adhere to this program, Healthy Lifestyle retains the right to cancel or change arrangements at short notice.

See p.4 for information on course fees.

Lower North Shore



Gentle Exercise

Easy Pace

L-ES418T	Tue	9.45am	16 Oct-11 Dec	Willoughby
L-ES418W	Wed	9.10am	17 Oct-12 Dec	Willoughby
L-ES418W1	Wed	10.30am	17 Oct-12 Dec	Lane Cove ¹
L-ES418R	Thur	9.15am	18 Oct-13 Dec	Mosman
L-ES418R1	Thur	10.20am	18 Oct-13 Dec	Mosman
L-ES418F	Fri	10.00am	19 Oct-14 Dec	Chatswood
L-ES418F1	Fri	10.15am	19 Oct-14 Dec	Willoughby

Active Exercise

Medium Pace

L-EM418M	Mon	10.00am	15 Oct-10 Dec	Chatswood
L-EM418W	Wed	8.30am	17 Oct-12 Dec	Lane Cove
L-EM418F	Fri	8.00am	19 Oct-14 Dec	Willoughby
L-EM418F1	Fri	9.10am	19 Oct-14 Dec	Willoughby

Stretch & Tone

Gentle Pace (Includes chair based and chair assisted exercises)

L-ETG418T	Tue	10.30am	16 Oct-11 Dec	Mosman
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Easy Pace

L-ET418M	Mon	9.30am	15 Oct-10 Dec	Longueville
L-ET418T	Tue	9.15am	16 Oct-11 Dec	Mosman
L-ET418F	Fri	10.00am	19 Oct-14 Dec	Chatswood ²



Upright & Active

A Healthy Lifestyle Medical Clearance Form is required from all NEW participants. Please download the form from our website or call the office to have one sent out to you.

If you would like a book to use at home please add \$7 to your payment.

L-F418M	Mon	10.30am	15 Oct-10 Dec	Chatswood ¹
L-F418M1	Mon	11.30am	15 Oct-10 Dec	Chatswood ¹

Zumba Gold



45 minutes

L-EZ418F	Fri	9.00am	19 Oct-14 Dec	Mosman
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See p.4 for information on course fees.

Strength Training

A Healthy Lifestyle Medical Clearance Form is required from all NEW participants. Please download the form from our website or call the office to have one sent out to you.

Beginners

L-ST1418T	Tue	2.35pm	16 Oct-11 Dec	Lane Cove
L-ST1418W	Wed	10.00am	17 Oct-12 Dec	Lane Cove

Maintenance

For those whose leader recommends moving to the next level.

L-ST2418M	Mon	9.00am	15 Oct-10 Dec	Lane Cove
L-ST2418M1	Mon	10.10am	15 Oct-10 Dec	Lane Cove
L-ST2418T2	Tue	10.55am	16 Oct-11 Dec	Lane Cove
L-ST2418T1	Tue	12.00pm	16 Oct-11 Dec	Lane Cove
L-ST2418T	Tue	1.30pm	16 Oct-11 Dec	Lane Cove
L-ST2418R2	Thur	9.00am	18 Oct-13 Dec	Lane Cove
L-ST2418R	Thur	10.05am	18 Oct-13 Dec	Lane Cove
L-ST2418R1	Thur	11.30am	18 Oct-13 Dec	Lane Cove
L-ST2418R3	Thur	1.15pm	18 Oct-13 Dec	Lane Cove

Gym Class ^{**}\$157.50 (no concession) ^{**}

L-ST4418T	Tue	9.15am	16 Oct-11 Dec	Artarmon
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Tai Chi

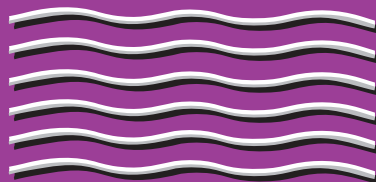
L-TC418T	Tue	1.15pm	16 Oct-11 Dec	St.Leonards
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Yoga

L-Y418W	Wed	4.45pm	17 Oct-12 Dec	St.Leonards
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See p.4 for information on course fees.

Northern Beaches



Warm Water Exercise

@ Mona Vale Hospital

A Healthy Lifestyle Medical Clearance Form is required from all NEW participants. Please download the form from our website or call the office to have one sent out to you.

Gentle Pace

N-A418M1	Mon	2.30pm	15 Oct-10 Dec	Mona Vale
N-A418M2	Mon	3.35pm	15 Oct-10 Dec	Mona Vale
N-A418T	Tue	2.15pm	16 Oct-11 Dec	Mona Vale
N-A418R	Thur	2.30pm	18 Oct-13 Dec	Mona Vale
N-A418F	Fri	1.00pm	19 Oct-14 Dec	Mona Vale
N-A418F1	Fri	2.15pm	19 Oct-14 Dec	Mona Vale

Medium Pace

N-A418M3	Mon	5.00pm	15 Oct-10 Dec	Mona Vale
N-A418T1	Tue	5.15pm	16 Oct-11 Dec	Mona Vale
N-A418T2	Tue	6.15pm	16 Oct-11 Dec	Mona Vale
N-A418W	Wed	5.30pm	17 Oct-12 Dec	Mona Vale
N-A418R1	Thur	5.00pm	18 Oct-13 Dec	Mona Vale
N-A418S	Sat	8.00am	20 Oct-15 Dec	Mona Vale
N-A418S1	Sat	9.00am	20 Oct-15 Dec	Mona Vale



Aqua Exercise

Classes at Killarney will run for 10 weeks. Fee: \$110 (\$88 concession)

Medium Pace - no medical clearance required

N-AT418W	Wed	1.15pm	17 Oct-12 Dec	Terrey Hills
N-AT418R	Thur	1.15pm	18 Oct-13 Dec	Terrey Hills
N-AK418F	Fri*	7.45am	19 Oct-21 Dec	Killarney

Gentle Exercise

Gentle Pace

N-EG418W	Wed	10.30am	17 Oct-12 Dec	Nth Curl Curl
N-EG418R	Thur	10.35am	18 Oct-13 Dec	Manly

Easy Pace

N-ES418T	Tue	9.50am	16 Oct-11 Dec	Forestville ¹
N-ES418W	Wed	10.45am	17 Oct-12 Dec	Manly

Active Exercise

Medium Pace

N-EM418T	Tue	10.50am	16 Oct-11 Dec	Forestville ¹
N-EM418T1	Tue	10.30am	16 Oct-11 Dec	Avalon
N-EM418W	Wed	9.15am	17 Oct-12 Dec	Nth Curl Curl

See p.4 for information on course fees.

Abs, Butts & Thighs

N-EB418W Wed 8.30am 17 Oct-12 Dec Avalon

Qigong

Classes run for 7 weeks

Fees will be **\$77 (\$61.50 concession)** no classes 14, 21 November

N-EQ418W Wed 9.00am 17 Oct-12 Dec Cromer

Stretch & Tone

N-ET418W Wed 9.00am 17 Oct-12 Dec Warriewood



Tap Dancing

No black soled shoes, taps to be firmly secured.

Beginners

N-TD418R Thu 9.00am 18 Oct-13 Dec Avalon¹

Intermediate (some experience required)

N-TD418M Mon 9.15am 15 Oct-10 Dec Avalon¹

N-TD418M1 Mon 10.30am 15 Oct-10 Dec Avalon¹

See p.4 for information on course fees.

Tone & Balance

N-TB418M Mon 9.30am 15 Oct-10 Dec Seaforth

N-TB418T Tue 8.30am 16 Oct-11 Dec Warriewood

N-TB418R Thur 9.30am 18 Oct-13 Dec Warriewood



Strength Training

A Healthy Lifestyle Medical Clearance Form is required from all NEW participants. Please download the form from our website or call the office to have one sent out to you.

*Warriewood Monday will run for 8 weeks. Fee: \$88 (\$70.50 concession)

Beginners

N-ST1418M Mon* 9.00am 22 Oct-10 Dec Warriewood

N-ST1418M1 Mon 10.30am 15 Oct-10 Dec Avalon

N-ST1418M2 Mon 11.35am 15 Oct-10 Dec Avalon

N-ST1418T Tue 10.20am 16 Oct-11 Dec Freshwater

N-ST1418W Wed 10.20am 17 Oct-12 Dec Warriewood

N-ST1418W1 Wed 10.45am 17 Oct-12 Dec Avalon

N-ST1418R Thur 10.20am 18 Oct-13 Dec Freshwater

Maintenance

For those whose leader recommends moving to the next level.

N-ST2418M Mon 8.15am 15 Oct-10 Dec Avalon

N-ST2418M1 Mon 9.20am 15 Oct-10 Dec Avalon

N-ST2418T Tue 9.15am 16 Oct-11 Dec Freshwater

N-ST2418W Wed 7.30am 17 Oct-12 Dec Avalon

N-ST2418W1 Wed 9.15am 17 Oct-12 Dec Warriewood

N-ST2418R Thur 9.15am 18 Oct-13 Dec Freshwater

See p.4 for information on course fees.

Tai Chi

Classes at Forestville will run for 8 weeks.
Fee \$88 (\$70.50 con) no class on 6th Dec

All Levels

N-TC418W Wed 9.30am 17 Oct-12 Dec Avalon

Beginners

N-TC418R3 Thur* 11.30am 18 Oct-13 Dec Forestville

Intermediate (some experience required)

N-TC418R2 Thur* 10.30am 18 Oct-13 Dec Forestville

Zumba Gold



45 minutes

N-EZ418T Tue 9.30am 16 Oct-11 Dec Forestville²

N-EZ418R Thur 9.30am 18 Oct-13 Dec Collaroy



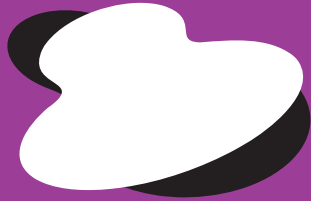
Yoga

N-Y418M Mon 10.15am 15 Oct-10 Dec Warriewood

Although every effort is made to adhere to this program, Healthy Lifestyle retains the right to cancel or change arrangements without notice.

See p.4 for information on course fees.

Ryde



Aqua Exercise @ Ryde Aquatic Centre

No Medical Clearance Form is required.

Fee for these classes are **\$84.50 (\$67.50 concession)**

A separate entry fee is payable at this pool.
Enquire about a multi-visit card at reception.

Gentle Pace

R-AQH418M	Mon	8.00am	15 Oct-10 Dec	Ryde
R-AQH418T	Tue	8.00am	16 Oct-11 Dec	Ryde
R-AQH418W	Wed	8.00am	17 Oct-12 Dec	Ryde
R-AQH418R	Thur	8.00am	18 Oct-13 Dec	Ryde

Medium Pace

R-AQM418M	Mon	9.00am	15 Oct-10 Dec	Ryde
R-AQM418M1	Mon	10.00am	15 Oct-10 Dec	Ryde
R-AQM418W	Wed	9.00am	17 Oct-12 Dec	Ryde
R-AQM418W1	Wed	10.00am	17 Oct-12 Dec	Ryde

Warm Water Exercise

@ Alan Walker Village

A Healthy Lifestyle Medical Clearance Form is required from all NEW participants. Please download the form from our website or call the office to have one sent out to you.
Fees for these classes are ** \$115 (\$93 concession)**

Gentle Pace

R-AW418M	Mon	10.00am	15 Oct-10 Dec	Carlingford
R-AW418M1	Mon	12.15pm	15 Oct-10 Dec	Carlingford
R-AW418T	Tue	10.00am	16 Oct-11 Dec	Carlingford
R-AW418T1	Tue	11.00am	16 Oct-11 Dec	Carlingford
R-AW418W	Wed	5.30pm	17 Oct-12 Dec	Carlingford
R-AW418R	Thur	9.00am	18 Oct-13 Dec	Carlingford
R-AW418R1	Thur	10.00am	18 Oct-13 Dec	Carlingford
R-AW418F	Fri	10.15am	19 Oct-14 Dec	Carlingford
R-AW418F1	Fri	11.05am	19 Oct-14 Dec	Carlingford

Warm Water Exercise

@ Royal Rehab

A Healthy Lifestyle Medical Clearance Form is required from all NEW participants. Please download the form from our website or call the office to have one sent out to you.
Fees for these classes are ** \$117 (\$99 concession)**

R-AR418M	Mon	5.35pm	15 Oct-10 Dec	Ryde ²
R-AR418W	Wed	5.30pm	17 Oct-12 Dec	Ryde ²

Pilates

R-EP418M	Mon	12.00pm	15 Oct-10 Dec	North Ryde ¹
R-EP418W	Wed	6.00pm	17 Oct-12 Dec	Boronia Park

Stretch & Tone

R-ET418F	Fri	8.20am	19 Oct-14 Dec	North Ryde ²
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See p.4 for information on course fees.

Strength Training

A Healthy Lifestyle Medical Clearance Form is required from all NEW participants. Please download the form from our website or call the office to have one sent out to you.

Beginners

R-ST1418M	Mon	9.30am	15 Oct-10 Dec	Ryde ¹
R-ST1418T	Tue	9.30am	16 Oct-11 Dec	Ryde ¹
R-ST1418R	Thur	3.50pm	18 Oct-13 Dec	Ryde ¹
R-ST1418F	Fri	9.15am	19 Oct-14 Dec	Ryde ¹

Maintenance

For those whose leader recommends moving to the next level.

R-ST2418R	Thur	5.00pm	18 Oct-13 Dec	Ryde ¹
R-ST2418F	Fri	10.30am	19 Oct-14 Dec	Ryde ¹

Men's MoveMENT Fitness Class & Men's Aqua Fitness

A Healthy Lifestyle Medical Clearance Form is required from all NEW AQUA Fitness participants. Please download the form from our website or call the office to have one sent out to you.

A joint initiative receiving seed funding support from the NSW Aquatic Recreation Institute. Discounted price available for 2018 only.

R-AWM418M	Mon	11.15am	15 Oct-10 Dec	Carlingford
R-STM418W	Wed	9.15am	17 Oct-12 Dec	Ryde ¹

Gentle Exercise

Easy Pace

R-EM418T	Tue	8.30am	16 Oct-11 Dec	North Ryde ²
R-EM418T1	Tue	10.00am	16 Oct-11 Dec	Boronia Park

Gentle Pace

R-ES418F	Fri	10.15am	19 Oct-14 Dec	Boronia Park
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See p.4 for information on course fees.

Booking Conditions

- ▶ You may enrol by mail, fax or email.
- ▶ New applications are assessed on a first come first serve basis.
- ▶ Receipts and attendance cards are posted after your enrolment has been processed.
- ▶ Your attendance card must be presented to the leader at each class you attend.
- ▶ Some courses require a Medical Clearance. Use the medical form provided by Healthy Lifestyle and have it completed by your doctor.
- ▶ Further terms and conditions are covered on our website, receipts and enrolment forms.

Healthy Lifestyle reserves the right to determine whether a participant is appropriate for the course in which he/she has enrolled. Where possible, a more suitable course will be offered.

Concessions:

A 20% concession is given to those on a full government aged pension, disability pension, health care card, DVA and to staff of Northern Sydney Local Health District. We regret we do not accept NSW State Seniors' Cards.

Refunds, Credits and Cancellations:

Healthy Lifestyle does not accept responsibility for participants' non attendance of classes due to changes in personal or business circumstances/commitments during the term. Credit will not be issued for classes missed due to personal circumstances/commitments so please make your enrolment decisions carefully.

If Healthy Lifestyle cancels a course and a suitable alternative is not available, a full refund of your course fee will be issued. Please allow 4 to 6 weeks for processing.

Participants who withdraw from a course before it begins will not receive a refund unless notice is received at least 5 working days prior to the start of the course. An administration fee of \$20 per participant will be charged for processing refunds.

If an individual class is cancelled due to leader illness or a venue problem, we may offer participants a make-up class. Credit will not be issued if the opportunity of a make-up class is available.

In the event you are unwell and unable to attend a class the Manager of Healthy Lifestyle may consider a credit or a refund. Applications must be made in writing to the Manager Healthy Lifestyle and supporting documentation such as a medical certificate and the attendance card will be required. Each case will be assessed on its merits and the Manager's determination will be final. A \$20 administration fee will apply per participant.

Course Venues

Artarmon	Plus Fitness, 2A Broughton Road, (parking on Hampden Lane).
Avalon	Avalon Recreation Centre, 59A Old Barrenjoey Road. ¹ The Annex (next to Avalon Recreation Centre).
Berowra	Community Health Centre, 123 Berowra Waters Road.
Boronia Park	Uniting Church Hall, 93a Pittwater Road.
Carlingford	Alan Walker Village, Dalmar Place.
Chatswood	Seventh Day Adventist Church, Cnr Johnson & Devonshire Streets. ¹ Chatswood Baptist Church Meeting Room G1 Cnr Orchard Rd & Albert Ave. ² Chatswood Bowling Club, 655 Pacific Highway (enter off Gordon St).
Collaroy	Collaroy Swim Club Collaroy Beach SLSC (enter beachside southern end) 1056 Pittwater Road.
Cromer	Cromer Community Centre 150 Fisher Road (North).
Forestville	Forestville Senior Citizens Centre, (meeting room) Cnr Warringah Rd & Starkey St. ¹ Forestville Memorial Hall, 3 Starkey St. ² Forestville Youth Centre, Melwood Ave (behind RSL).
Freshwater	Freshwater Surf Life Saving Club, Kooloora Avenue.
Gordon	Ravenswood School, Ravenswood Avenue.
Hornsby	Hornsby Ku-ring-gai Hospital, Palmerston Road. ¹ Library, 28-44 George Street.
Killarney	Killarney Swim Centre, 14 Tralee Avenue.
Lane Cove	LCM Churches, Finlayson Street (just off Rosenthal). ¹ Lane Cove Bowling and Recreation Club 151 Burns Bay Road.

Course Venues

Lindfield	Ku-ring-gai Seniors Centre, 259 Pacific Highway. ¹ Lindfield Gardens, 2 Ulmarra Place.
Longueville	Longueville Uniting Church, 47a Kenneth Street.
Manly	Manly Senior Citizens Centre Corner Pittwater & Balgowlah Roads.
Mona Vale	Mona Vale Hospital, Coronation Street.
Mosman	Mosman Bowling Club 15 Belmont Road (cnr Myahgah Rd)
North Curl Curl	Community Centre, Cnr Abbott & Griffin Roads.
North Ryde	Conference Room 2, Macquarie Hospital Enter from Cox's Road into Manning Road then left into The Drive for parking. ¹ Emily's Manning Rd, Macquarie Hospital. ² North Ryde Community Church, 2 Cutler Parade.
Pennant Hills	Community Health Centre, 5 Fisher Avenue. ¹ Pennant Hills Leisure & Learning Centre 8 Warne Street.
Pymble	Uniting Church Cnr Pacific Highway & Livingstone Avenue.
Ryde	Ryde Aquatic Centre, 504 Victoria Road. ¹ Ryde Congregational Church, 327 Blaxland Road. ² Royal Rehab, 235 Morrison Road, Ryde.
Seaforth	Seaforth Village Community Centre (Activity Room) 550 Sydney Road.
St Leonards	RNS Community Health Centre Ground floor 2C Herbert Street.
Terrey Hills	Terrey Hills Swim School, 31 Myoora Road.
Turramurra	Hillview Community Health Centre 1334 Pacific Hwy. ¹ St James Church, King Street. ² 381 Bobbin Head Road, Huon Park.
Warriewood	Nelson Heather Centre, 4 Jacksons Road.
Willoughby	Willoughby Park Bowling Club, Robert Street.

How To Enrol

PLEASE READ THE BOOKING CONDITIONS (P.22) CAREFULLY BEFORE PROCEEDING

- ▶ Only one person per Application Form.
 - ▶ Select the course you would like to attend.
 - ▶ Specify your 2nd choice - just in case your first choice is full.
 - ▶ Have your doctor complete the Healthy Lifestyle Medical Clearance (if required for your 1st choice).
 - ▶ Complete the Application Form.
 - ▶ Attach completed and signed Medical Clearance Form (if required).
 - ▶ Make cheques/money orders payable to: Northern Sydney Local Health District. Or complete the credit card payment details.
 - ▶ Post the completed Application Form, together with the Medical Clearance (if required) and the fee to:
Healthy Lifestyle
Locked Bag 2220
NORTH RYDE NSW 1670
- OR
- ▶ Fax required forms plus credit card details (Mastercard or Visa) to: 8877 5339
- OR
- ▶ Email required forms plus credit card details (Mastercard or Visa) to: nsldh-healthy lifestyle@health.nsw.gov.au

DO NOT SEND CASH THROUGH THE MAIL

HEALTHY LIFESTYLE - APPLICATION FORM

Family Name _____ Given Name(s) _____ Post Code _____
 Address _____ Suburb _____ Country of Birth _____ Date of Birth ____/____/____
 Telephone (H/W) _____ (Mobile) _____ Email / Fax _____
 M F (Please tick)

Concession Card Policy (See p.22) Concession No. _____
 Are you of Aboriginal or Torres Strait Islander origin? Y / N (Please circle) NSH employees ONLY: Department & Hospital _____

Course No.	Day	Time	Location	Office use only
1st Choice				
2nd choice				

Pay Cheques/Money Orders to **Northern Sydney Local Health District. POST to Healthy Lifestyle, Locked Bag 2220, North Ryde NSW 1670**
OR Email form with **CREDIT CARD** details to nsldh-healthy lifestyle@health.nsw.gov.au
OR FAX form with **CREDIT CARD** details to **8877-5339** AMOUNT: \$ _____

Credit Card: Mastercard Visa _____ Expiry Date ____/____/____

Name on Card (print) _____ Authorisation (sign) _____
 Your submission of this application indicates your acceptance of the Healthy Lifestyle Booking Conditions on p.22.

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Pulmonary & Heart Failure Maintenance Class

- Have you completed a pulmonary or heart failure rehabilitation program?
- Are you keen to maintain your fitness in a fun and safe environment?



Perhaps our 'Lungs in Action' course is right for you!

1 hour class, 10 week term Cost: \$110 (\$88 concession)

Monday	1.25pm	Hornsby Hospital
Monday	2.00pm	Hornsby Hospital
Wednesday	12.15pm	Mona Vale Hospital
Friday	12.30pm	Mona Vale Hospital
Wednesday	12.25pm	Royal North Shore Hospital
Wednesday	1.30pm	Royal North Shore Hospital
Wednesday	2.40pm	Royal North Shore Hospital
Friday	9.10am	Royal North Shore Hospital
Friday	10.15am	Royal North Shore Hospital
Monday	9.30am	Ryde Hospital
Monday	10.40am	Ryde Hospital
Friday	10.00am	Ryde Hospital
Friday	11.10am	Ryde Hospital
Monday	12.30pm	Terrey Hills Community Centre

About the course:

Classes are safe for people with stable chronic lung conditions who have completed a pulmonary rehabilitation program and also suitable for people with stable NYHA Class II and III Heart Failure who have completed heart failure rehabilitation.

Exercise professionals who have been specially trained in guiding people with lung disease and heart failure run the classes.

These classes are suitable for those using supplemental oxygen and/or walking frames. Each exercise has seated options available.

All classes follow the guidelines set by The Australian Lung Foundation's Lungs in Action training.

For more information
about eligibility please call:

Healthy Lifestyle
8877 5300