

## OFF-SITE COMMUNITY FITNESS PROGRAMS RUN BY THE YMCA OF CANBERRA

## NORTHSIDE CLASSES

Centre Location	Address	Class Style	Class Level	Class Times	Cost
Kippax Uniting Community Centre Kippax Uniting Church Cnr Luke & Hardwick Streets Kippax		Ever Active	1 & 2	Tuesday 9:30am Wednesday 9:30am Friday 8:30am Friday 9:45am	\$10.00 casual \$95 (10 visits)
		Tai Chi	1 & 2	Thursday 9:30am	\$10.00 casual \$95 (10 visits)
		Mobility	3	Friday 11:00am 12.15pm	\$10.00 casual \$95 (10 visits)
Church of the Holy Covenant	Dexter Street Cook	Ever Active	1	Thursday 1:30pm	\$10.00 casual \$95 (10 visits)
		Ever Active	2	Wednesday 1:30pm	
Canberra Seniors Citizens Club	Watson Street Turner	Ever Active	1	Tuesday 10:00am	\$10.00 casual
Kaleen Community Centre	Georgina Cres Kaleen	Ever Active	1 & 2	Thursday 9:30am	\$10.00 casual \$95 (10 visits)
St. Margaret's Uniting Church	Cnr Antill Street & Philip Ave, Hackett	Ever Active	1	Friday 9:30am	\$10.00 casual

### Class Level Key:

1. For people physically able and active
2. For people physically able with some limitations
3. For people with mobility limitations – using a walking aid

The YMCA of Canberra aims to include all people in programs and services. Volunteer Op Shops generously raise funds to support access and inclusion. Please ask us if you require financial assistance or modified or supported program delivery in order to participate.

## YMCA Health & Fitness

Phone: 02 6281 0124

Email: [yfitness.can@ymca.org.au](mailto:yfitness.can@ymca.org.au)

Website: [www.canberra.ymca.org.au](http://www.canberra.ymca.org.au)



**YMCA**

We build strong **PEOPLE**  
strong **FAMILIES**  
strong **COMMUNITIES**

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## SOUTHSIDE CLASSES

Centre Location	Address	Class Style	Class Level	Class Times	Cost
YMCA Chifley Health & Fitness Centre	Cnr. Maclaurin & Eggleston Cres Chifley	Various (see program)	Various	Various (see program)	Casual or membership
Woden Seniors Citizens Club	Corinna Street Woden	Ever Active	2 & 3 1	Tuesday 9:30am Wednesday 8:30am	\$7.50
Wesley Uniting Church	National Circuit Forrest	Mobility	3	Thursday 10-10:30am	\$3.00
Pearce Community Centre	Collett Place Pearce	Ever Active	1	Monday 9:30am	\$10.00 casual \$95 (10 visits)
Community Services #1	63 Boolimba Cres Narrabundah	YOGA	1 & 2	Thursday 9:30am	\$10.00 casual \$95 (10 visits)
Canberra Baptist Church	Currie Cres Kingston	Ever Active	1 & 2	Thursday 11am	\$10.00 casual \$95 (10 visits)
Holder Communities@Work	172 Dixon Dr Holder	Ever Active	1 & 2	Thursday 9:30am	\$10.00 casual \$95 (10 visits)
Curtin Uniting Church	Off Carruthers Street Curtin	Ever Active	1 & 2	Friday 9:30am	\$10.00 casual \$95 (10 visits)

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