

**Exercise is great for wellbeing.**  
Group exercise has additional benefits of guidance and social interaction.

### **Exercise for Parkinsons. Cost - \$0** (Hosted by NSW Health)

**Program description:** Prior registration is necessary for individuals with PD to participate in this bi-weekly program, with home-reproducible exercises.  
**Fitness requirements:** Must be able to stand and move between different exercise stations. Programme is adapted to each individual's ability. **Eligibility:** People with Parkinsons Disease

**Where:** Ochre Medical CSU  
**When:** Thursday 10.30am – 11.15am fortnightly  
**Contact Name:** Jennifer Mannell  
**Email:** Jennifer.Mannell@health.nsw.gov.au  
**Phone:** 63305658 or 0427010089

### **Bathurst Men's Walk N Talk. Cost - \$0** (Hosted by Lifeline Central West)

**Program description:** A safe and non-judgemental place for Men to walk, chat and make friends for overall wellbeing including Physical -Mental -Social Health.  
**Fitness requirements:** Minimal, walk slowly. **Eligibility:** Men only, all abilities. Wheelchair friendly.

**Where:** Lions Berry Park, Bathurst  
**When:** Every Thursday 5.30pm  
**Contact Name:** Greg Sly  
**Email:** men@bxmenswalkandtalk.com.au  
**Phone:** 0458276537

### **Women Who Walk. Cost - \$0** (Hosted by Central West Women's Health Centre)

**Program description:** A gentle walk and talk.  
**Fitness requirements:** Anyone with any fitness level welcome, slow walk.  
**Eligibility:** All ages and experience levels.

**Where:** Lions Berry Park, Bathurst  
**When:** Mondays 9.30 am (9.00am during daylight savings time)  
**Website:** www.cwwhc.org.au  
**Phone:** 63314133

### **Bathurst Parkrun. Cost - \$0** (Hosted by Parkrun)

**Program description:** Community wellbeing through exercise, participation and connection - participate as runner, walker or volunteer  
**Fitness requirements:** Slow walk to participate, all abilities to volunteer. **Eligibility:** Open to all (including dogs on leads)

**Where:** Bicentennial Park, Bathurst  
**When:** Saturdays 8.00am  
**Contact Name:** Stephen & Jenn  
**Website:** www.parkrun.com.au/bathurst/  
**Phone:** 0458276537

### **Stroll And Roll. Cost - \$0** (Hosted by Australian Emotional Wellness Association)

**Program description:** Walk and Talk – for all abilities and ages.  
**Fitness requirements:** All abilities.  
**Eligibility:** Open to all (including prams, chairs, mobility scooters).

**Where:** 118 Keppel Street (meet on Cathedral footpath). **Contact:** David Cumming  
**When:** Tuesdays 6.30am  
**Email:** contact@aewa.org.au  
**Website:** www.aewa.org.au **Phone:** 0408884208

### **8 Point Tai Chi. Cost - Gold coin donation.** (Hosted by The Neighbourhood Centre)

**Program description:** 8 Form Tai Chi is great for beginners because of it's simplicity. Tai Chi provides a gentle way to move your body which is suited for older adults and seniors.  
**Fitness requirements:** All ages including seniors and those with health & mobility challenges. **Eligibility:** Open to all.

**Where:** TNC, 96 Russell St, Bathurst  
**When:** Wednesdays 10am. (During School Terms)  
**Email:** binc@binc.org.au  
**Website:** www.binc.org.au  
**Phone:** 63324866.

### **Asteri Greek Dance & Fitness - Cost - \$10 (Cash only)** (Hosted by Panthers Bathurst))

**Program description:** Get fit through learning Greek Dance!  
**Fitness requirements:** ALL.  
**Eligibility:** All ages. Everyone is welcome! Greek & Non-Greek. Experience in dance or not! No judgment.

**Where:** Bathurst Panthers. 132 Piper St.  
**Phone:** 0412472397  
**When:** Tuesdays (Fortnightly). 6.30pm-7.30pm  
**Contact Name:** Irene Kavouras-Aiello  
**Email:** asterigreekdance.fitness@gmail.com

## **Over 65's Walk. Cost - \$5** (Hosted by New Horizons)

**Program description:** Easy group walk.

**Fitness requirements:** All abilities.

**Eligibility:** Over 65. Must be registered with My Aged Care.

**Where:** Morse Park, Bathurst

**When:** Tuesdays 8.30am

**Contact Name:** Melinda Warner

**Email:** Mwarner@newhorizons.org.au

**Phone:** 0437139418

## **Seated Tai Chi. Cost - \$5** (Hosted by New Horizons)

**Program description:** Tai chi exercises for the over 65s while in a chair.

**Fitness requirements:** All abilities.

**Eligibility:** Over 65. Must be registered with My Aged Care.

**Where:** 369 Stewart Street, Bathurst.

**When:** Wednesdays 1.30pm.

**Contact Name:** Melinda Warner

**Email:** Mwarner@newhorizons.org.au

**Phone:** 0437139418

## **Judo. Cost - \$7.50** (Hosted by PCYC)

**Program description:** Junior judo classes.

**Fitness requirements:** All abilities.

**Eligibility:** 5 years +

**Where:** 2 Commonwealth Street, Bathurst.

**When:** Mondays & Wednesdays 5pm – 6pm.

**Contact Name:** Linda Clements

**Email:** bathurst@pcycnsw.org.au

**Phone:** 63312191

## **Zumba. Cost - \$7.50** (Hosted by PCYC)

**Program description:** Dance based fun and fitness.

**Fitness requirements:** All abilities.

**Eligibility:** All ages and experience levels.

**Where:** 2 Commonwealth Street, Bathurst.

**When:** Mondays 06.00pm – 07.30pm.

**Contact Name:** Linda Clements

**Email:** bathurst@pcycnsw.org.au

**Phone:** 63312191

## **Dragon Boating. Cost - \$0 for the first 28 days.** (Hosted by Bathurst Pandragons)

**Program description:** Team paddling for fun, friendship & fitness. As competitive or as social as you like. Opportunities to represent at region, state and nation levels.

**Fitness requirements:** Fitness will improve as you paddle – we start slowly with beginners!

**Eligibility:** Men and women over the age of 10.

**Where:** Ben Chifley Dam, Lagoon Rd, The Lagoon

**When:** Day light savings times: Tuesdays & Thursdays 5.30pm & Sundays 8.30am. Winter paddling- Thursday 6.30am and Sunday 9am.

**Email:** pandragons.website@gmail.com

## **Cardiopulmonary Rehabilitation Program. Cost - \$0** (Hosted by NSW Health)

**Program description:** Education from a physiotherapist, cardiologist, and psychologist; assessment is mandatory before starting. Upon GP approval, an optional ongoing maintenance program is available for all.

**Fitness requirements:** Follow instructions /move between stations. **Eligibility:** Cardio / Respiratory / Long Covid diagnosis.

**Where:** Ochre Medical CSU, Bathurst

**When:** Mondays, Tuesdays & Wednesdays.

**Email:** jane.thompson@health.nsw.gov.au

**Phone:** 0409790853

**Fax:** 63305742

## **Maintenance Program. Cost - \$5** (Hosted by Studio Benefit)

**Program description:** Exercise program gentle and progressive and individual based.

**Fitness requirements:** Must have completed the Cardiopulmonary rehab program, be Independent and follow instructions.

**Eligibility:** Specific form to be completed by GP/Specialist.

**Where:** Ochre Medical CSU, Bathurst

**When:** Thursday 12.00pm.

**Contact Name:** Demi Chapman

**Email:** studiobenefit@icloud.com

**Phone:** 0499999868

## **Running. Cost - \$10** (Hosted by Run Riot)

**Program description:** Running practice and training.

**Fitness requirements:** All abilities.

**Eligibility:** Ages 12 and up.

**Where:** Venue changes – see Facebook page.

**When:** 6pm **Contact Name:** Wes Gibson

**Facebook:** www.facebook.com/runriotAUS/

**Email:** runriotaus@hotmail.com

**Phone:** 0437698460

## **Mind+Move Remain Active - Cost - \$5** (Hosted by Catholic Healthcare)

**Program description:** An ongoing fitness, balance, and flexibility program to build strength and flexibility and help increase energy and maintain mobility. Exercises include light cardio, strength and resistance exercises, balance, flexibility and stretching.

**Fitness requirements:** Mobile and able to walk without an aide. **Eligibility:** Seniors 65+

**Where:** Cathedral Parish Centre, 100 George Street, Bathurst **Phone:** 1300 978 264  
**When:** Wednesday 9-10am  
**Contact Name:** Jane Thompson  
**Email:** Jane.Thompson@chcs.com.au

## **Running For Kids. Cost - \$10** (Hosted by Run Riot)

**Program description:** Running fundamentals, running form, development and play based activities.

**Fitness requirements:** All abilities.

**Eligibility:** Ages 5 – 14.

**Where:** Berry Park, Bathurst.  
**When:** Wednesdays at 4.30pm (school terms).  
**Facebook:** www.facebook.com/runriotAUS/  
**Email:** runriotaus@hotmail.com  
**Phone:** 0437698460

## **Athletics and Cross-Country. Cost - \$10** (Hosted by Run Riot)

**Program description:** Junior Athletics and Cross Country training.

**Fitness requirements:** Athletes involved in competitive running or by enquiry.

**Eligibility:** Ages 8 – 18.

**Where:** Morse Park, Bathurst.  
**When:** Fridays at 4.15pm.  
**Facebook:** www.facebook.com/runriotAUS/  
**Email:** runriotaus@hotmail.com  
**Phone:** 0437698460

## **Aquatic Classes. Cost - From \$9.40 weekly concession** (Hosted by Manning Aquatic Centre (public pool)).

**Program description:** Discover diverse aquatic fitness options, ranging from gentle and junior to advanced levels, including Swimfit, Aqua Aerobics, Aqua Gentle, Aqua Bootcamp, and Splish Splash; visit the webs.

**Fitness requirements:** All abilities. **Eligibility:** All ages and experience levels.

**Where:** 9 Elizabeth Street, Bathurst.  
**When:** 7 days/week – check website.  
**Website:** www.bathurstaquatic.com.au  
**Email:** reception@bathurstaquatic.com.au  
**Phone:** 63319333.

## **Swim Access. Cost - From \$7.80 weekly concession** (Hosted by Manning Aquatic Centre (public pool)).

**Program description:** Lane and open pool swimming.

**Fitness requirements:** All abilities.

**Eligibility:** All ages and experience levels.

**Where:** 9 Elizabeth Street, Bathurst.  
**When:** 7 days/week – check website.  
**Website:** www.bathurstaquatic.com.au  
**Email:** reception@bathurstaquatic.com.au  
**Phone:** 63319333.

## **Flexit Over 50's. Cost - \$5** (Hosted by Studio Benefit.)

**Program description:** Low-impact, floor-free exercise class tailored for those over 50, promoting cardiovascular fitness, balance, coordination, and muscular strength for beginners or returnees.

**Fitness requirements:** All abilities. **Eligibility:** Over 50's.

**Where:** RSL Rankin St Auditorium Bathurst.  
**When:** Tuesdays 10.30am.  
**Email:** studiobenefit@icloud.com  
**Website:** www.studiobenefit.com.au/  
**Phone:** 0438430082. **Contact:** Liz Schembri.

## **Cardio Weights. Cost - \$5** (Hosted by Studio Benefit.)

**Program description:** Low-impact exercise with optional light hand weights, followed by a full-body circuit using both body weight and dumbbells.

**Fitness requirements:** Not for beginners.

**Where:** RSL Rankin St Auditorium Bathurst.  
**When:** Thursdays  
**Email:** studiobenefit@icloud.com  
**Website:** www.studiobenefit.com.au/  
**Phone:** 0438430082. **Contact:** Liz Schembri.

## **Chair Yoga. Cost - \$8** (Hosted by Studio Benefit.)

**Program description:** Beginner-friendly Modified Yoga class with pose adaptations for all bodies, excluding floor work. Enhance flexibility, strength, and relaxation through movement, stretching, and meditation.

**Fitness requirements:** No experience required.

**Where:** Livestream or 234a Lambert Street, Bathurst.  
**Email:** studiobenefit@icloud.com  
**Website:** www.studiobenefit.com.au/  
**Phone:** 0438430082. **Contact:** Chloe Haberecht

## **Morse Park Walkers. Cost - \$0** (Hosted by Heart Foundation.)

**Program description:** Group walking at a moderate pace in open spaces to enhance cardiovascular fitness, social interaction, and mental well-being. Optional social morning tea at Harvest Cafe. Various walking distances around Morse Park or river walk.

**Fitness requirements:** Any walking ability, with or without walking aids. **Eligibility:** Any age or gender.

**Where:** Morse Park, Bathurst.  
**When:** Mondays at 9.30am or 9am in Summer.  
**Contact Name:** Lorraine Griffin.  
**Email:** larrieg20a@gmail.com  
**Phone:** 0435786485

## **Wednesday Walkers. Cost - \$0** (Hosted by Uniting Church.)

**Program description:** Exercise and Fun all rolled into one. Everyone welcome to come along and maintain a healthy mind, body and soul. Four to five kms in an hour, followed by coffee.

**Fitness requirements:** Reasonable fitness required. **Eligibility:** Open to all.

**Where:** Meet McDonald's Bathurst rear car park  
**When:** Wednesday at 7am.  
**Facebook:** www.facebook.com/bathurstuca  
**Email:** kayeand robin@outlook.com  
**Phone:** 0417850263 **Contact:** Kaye Price

## **Community Yoga. Cost - \$0** (Hosted by Pranayoga Bathurst.)

**Program description:** Join Jan the last Sunday of each month for Free Community Yogain the Park. Feel the benefits of being in nature & a sense of well-being. Relaxing our mind, creating calmness & body awareness. Yoga & Meditation helps us manage stress & declutter our mind, leaving us feeling happier & lighter within ourselves. **Eligibility:** Everybody is welcome.

**Where:** Machattie Park or Bicentennial Park  
**When:** Last Sunday of each month 10am-11am  
**Website:** www.pranayogabathurst.com.au  
**Email:** pranayoga@optusnet.com.au  
**Phone:** 0423205801 **Contact:** Jan Green

## **Zumba With Karen - Cost - \$10 (U3A Seniors - \$7)** (Hosted by Healthworld Gym Stewart St)

**Program description:** Zumba dance is for fun and fitness. Improve balance, confidence and coordination. Gym supplies small hand weights for toning class. **Eligibility:** Teens to 80's (upstairs class)

**Fitness requirements:** All levels, step to music, add arms for extra cardio, small jump step to step. Bring water.

**Where:** Healthworld gym on Stewart St .  
Upstairs **Phone:** 0417066515  
**When:** Wed 9.15am and Thurs 5.30pm  
**Contact Name:** Karen Granger  
**Email:** kigranger@tpg.com.au

## **Zumba Toning - Cost - \$10 (U3A Seniors - \$7)** (Hosted by Healthworld Gym Stewart St)

**Program description:** Zumba toning is for fun and fitness. Improve balance, confidence and coordination. Gym supplies small hand weights for toning class. **Eligibility:** Teens to 80's (upstairs class)

**Fitness requirements:** All levels, step to music, add arms for extra cardio, small jump step to step. Bring water.

**Where:** Healthworld gym on Stewart St .  
Upstairs **Phone:** 0417066515  
**When:** Tuesdays 5pm  
**Contact Name:** Karen Granger  
**Email:** kigranger@tpg.com.au

## **CIRCL Mobility - Cost - \$10 (U3A Seniors - \$7)** (Hosted by Healthworld Gym Stewart St)

**Program description:** Breath, stretch, move. For joint mobility and flexibility.

**Fitness requirements:** All levels, step to music, add arms for extra cardio, small jump step to step. Bring water.

**Eligibility:** Teens to 80's (upstairs class)

**Where:** Healthworld gym on Stewart St .  
Upstairs **Phone:** 0417066515  
**When:** Tuesdays 4.15pm  
**Contact Name:** Karen Granger  
**Email:** kigranger@tpg.com.au

## **Seated Yoga - Cost - \$8** (Hosted by Universal Wellness)

**Program description:** Seated Yoga suitable for all Adults of all abilities.

**Fitness requirements:** All abilities.

**Eligibility:** 18+

**Where:** Mon & Wed - Panthers. Fri - Bathurst Baptist Church. **Phone:** 0417066515  
**When:** Mon 10:30. Wed 1pm. Fri 1:30pm  
**Contact Name:** Nicole Booth  
**Email:** universalwellness@hotmail.com