

# Living Longer Living Stronger™

## Metropolitan Providers

March 2017

YMCA provides this program under the name of PrYme Movers  
while some other centres might call it a different name.



Location	Organisation	Venue Address	Contact Person	Tel No	Website
<b>Altona</b>	Bayfit Leisure Centre	Cnr Mills and Mason Streets Altona North	Roselyn Baker	9392 2222	<a href="http://www.bayfit.com.au">www.bayfit.com.au</a>
<b>Ascot Vale</b>	Ascot Vale Sports and Fitness Centre	Cnr Langs & Epsom Rd Ascot Vale	Julie Bromley- Hoults	9375 3411	<a href="http://www.ascotvale.ymca.org.au">http://www.ascotvale.ymca.org.au</a>
<b>Balwyn</b>	Goodlife Health Clubs Balwyn	149 Whitehorse Rd Balwyn	Jo Morris	9817 4496	<a href="http://www.goodlifehealthclubs.com.au/Real-clubs/Club-Profiles/VIC/Balwyn.aspx">www.goodlifehealthclubs.com.au/Real-clubs/Club-Profiles/VIC/Balwyn.aspx</a>
<b>Bentleigh</b>	Bentleigh Bayside Community Health Centre	Gardeners Rd East Bentleigh	Intake Worker (Residents of Glen Eira/Bayside only)	9575 5333	<a href="http://www.bbch.org.au">http://www.bbch.org.au</a>
<b>Bentleigh</b>	Triple 5 Fitness	555 Centre Road, Bentleigh		9576 5557	<a href="http://www.summithc.com.au">www.summithc.com.au</a>
<b>Bentleigh East</b>	Glen Eira Sports & Aquatic Centre	200 East Boundary Rd Bentleigh East	Sinead Massey	9570 9200	<a href="http://www.gesac.com.au">www.gesac.com.au</a>
<b>Bentleigh East</b>	Bentleigh Fitness Centre	12 North Drive, Virginia Estate, 236-262 East Boundary Road, east Bentleigh 3165	Fiona Morris	9579 3339	<a href="http://www.bentleighfitnesscentre.com.au">www.bentleighfitnesscentre.com.au</a>
<b>Boronia</b>	Knox Leisure Works (YMCA)	Cnr Pearcedale Pde & Tormore rd, Boronia	Carl Heward	9762 3133	<a href="http://www.knox.ymca.org.au">www.knox.ymca.org.au</a>
<b>Broadmeadows</b>	Broadmeadows Leisure Centre	Cnr Pearcedale Parade and Dimboola Road, Broadmeadows	Jan Ellis	9309 8500	<a href="http://www.hume.vic.gov.au/Leisure_Tourism/Leisure_Centres/Broadmeadows_Leisure_Centre">http://www.hume.vic.gov.au/Leisure_Tourism/Leisure_Centres/Broadmeadows_Leisure_Centre</a>
<b>Burwood</b>	Deakin YMCA - Burwood	Deakin University 221 Burwood Hwy Burwood	Nathan Sibia	9251 7719	<a href="http://www.deakinburwood.ymca.org.au/participate/fitness-programs/group-training/class-descriptions.html">http://www.deakinburwood.ymca.org.au/participate/fitness-programs/group-training/class-descriptions.html</a>
<b>Caulfield</b>	Caulfield Community Health Service	Caulfield Hospital 260 Kooyong Road, Caulfield	Disha Dosha	9076 6742	<a href="http://www.alfredhealth.org.au/cchs/">http://www.alfredhealth.org.au/cchs/</a>
<b>Clifton Hill</b>	Collingwood Leisure Centre	Turnbull St., Clifton Hill	Colin Sneesby	9205 5522	<a href="http://www.yarracity.vic.gov.au/leisure">www.yarracity.vic.gov.au/leisure</a>

<b>Coburg</b>	Coburg Leisure Centre	Bridges Reserve, Bell Street Coburg	Chris Arena	9354 3504	<a href="http://www.activemoreland.com.au/aquatic-and-leisure-centres/coburg-leisure-centre/">http://www.activemoreland.com.au/aquatic-and-leisure-centres/coburg-leisure-centre/</a>
<b>Craigieburn</b>	Craigieburn Leisure Centre	Craigieburn Rd West Craigieburn	Kaye J	9308 2022	<a href="http://www.hume.vic.gov.au/LeisureTourism/Leisure_Centres/Craigieburn_Leisure_Centre/Group_Fitness_at_Craigieburn_Leisure_Centre">http://www.hume.vic.gov.au/LeisureTourism/Leisure_Centres/Craigieburn_Leisure_Centre/Group_Fitness_at_Craigieburn_Leisure_Centre</a>
<b>Cranbourne East</b>	YMCA-Casey RACE	65 Berwick-Cranbourne Rd Cranbourne East	Natalie Everett	59908600	<a href="http://caseyrace.ymca.org.au">caseyrace.ymca.org.au</a>
<b>Croydon</b>	Aquahub Croydon	Civic Square Croydon	Lucinda Archer	9294 5517	<a href="http://www.maroondahleisure.com.au/croydonleisure.php?subarea=48">www.maroondahleisure.com.au/croydonleisure.php?subarea=48</a>
<b>Croydon Hills</b>	Yarrunga Community Centre	76-86 Croydon Hills Dr, Croydon Hills	Heidi Butler	9722 8942	<a href="http://www.yarrunga.org.au/active-yarrunga.aspx">http://www.yarrunga.org.au/active-yarrunga.aspx</a>
<b>Doncaster East</b>	Doncaster District Community Youth Club	Leeds St East Doncaster	Pam Medding	0418 617 682	
<b>Elsternwick</b>	6 Degrees South Health and Fitness Gym - Elsternwick	2/207 Glenhuntly Rd Elsternwick	Tas Walstab	9528 1024	<a href="http://www.6degreessouth.com.au">www.6degreessouth.com.au</a>
<b>Eltham</b>	Eltham Leisure Centre -YMCA	40 Brougham St. Eltham	Betty Anderson/ Nancy Crupi	9439 2266	<a href="http://www.eltham.ymca.org.au/participate/health-club/group-training/pryme-movers.html">http://www.eltham.ymca.org.au/participate/health-club/group-training/pryme-movers.html</a>
<b>Endeavour Hills</b>	Endeavour Hills Leisure Centre YMCA	Raymond McMahon Blvd Endeavour Hills	Elaine Folino	9700 4697	<a href="http://www.ehlc.ymca.org.au">www.ehlc.ymca.org.au</a>
<b>Essendon</b>	Windy Hill Fitness Centre	74-84 Napier St Essendon	Maryanne Saada	9377 1555	<a href="http://www.windyhill.com.au">www.windyhill.com.au</a>
<b>Essendon North</b>	Keilor Road Physiotherapy and Pilates Centre	58 Keilor Road Essendon North	John Keller	9379 4557	<a href="http://www.essendonphysiotherapy.com.au">www.essendonphysiotherapy.com.au</a>
<b>Ferntree Gully</b>	James Flynn Personal Trainer-St Johns Tennis Club	Brenock Park Drive Ferntree Gully	James Flynn	0413 945 671	
<b>Ferntree Gully</b>	James Flynn Personal Trainer-FTG Community Arts Centre	1010 Burwood Hwy Ferntree Gully	James Flynn	0413 945 671	
<b>Flemington</b>	Cohealth Community Health	25 Mount Alexander Road, Flemington	Lucy Keenan	8378 1600	<a href="http://cohealth.org.au/">http://cohealth.org.au/</a>
<b>Footscray (West)</b>	YMCA-Recwest Footscray	Cnr Market & Essex St West Footscray	Melanie Foster	9689 1322	<a href="http://recwest.ymca.org.au/">http://recwest.ymca.org.au/</a>

<b>Forest Hill</b>	Uniting AgeWell - Strathdon day Therapy	Strathdon Day Therapy Centre 9 Jolimont Road, Forest Hill	Karen O'Farrell / Anna Mubaslat	9845 3114	<a href="http://www.uacvt.org.au">www.uacvt.org.au</a>
<b>Hampton</b>	Hampton Community Centre	14 Willis St., Hampton 3188	Pam Mansfield	9598 2977	<a href="http://www.hamptoncommunitycentre.com.au">www.hamptoncommunitycentre.com.au</a>
<b>Hawthorn</b>	The Elgin Street Centre, Uniting AgeWell	93 Elgin St Hawthorn	Glenda Plavin	9815 0155	<a href="http://www.uacvt.org.au">www.uacvt.org.au</a>
<b>Heidelberg West</b>	Olympic Leisure Centre	15 Alamein Road, West Heidelberg	Matthew John	9459 1193	<a href="http://www.banyule.vic.gov.au/Sport-and-Recreation/Leisure-Centres/Olympic-Leisure-Centre">http://www.banyule.vic.gov.au/Sport-and-Recreation/Leisure-Centres/Olympic-Leisure-Centre</a>
<b>Hoppers Crossing</b>	Aquapulse	Derrimut Rd, Hoppers Crossing	Tracey Sutherland	8734 5678	<a href="http://www.wynactive.com.au/">http://www.wynactive.com.au/</a>
<b>Ivanhoe</b>	Ivanhoe Aquatic & Leisure Centre	170 Waterdale Road, Ivanhoe	Matthew John	9490 7111	<a href="http://www.banyule.vic.gov.au/Sport-and-Recreation/Leisure-Centres/Ivanhoe-Aquatic-Fitness-Centre">http://www.banyule.vic.gov.au/Sport-and-Recreation/Leisure-Centres/Ivanhoe-Aquatic-Fitness-Centre</a>
<b>Keilor East</b>	East Keilor Leisure Centre	Quinn Grove, East Keilor	Julie McKay	9336 3711	<a href="http://www.eastkeilorleisure.com.au/timetable-classes">http://www.eastkeilorleisure.com.au/timetable-classes</a>
<b>Keysborough</b>	Parkmore Physiotherapy Centre P/L	330 Cheltenham Rd Keysborough	Lachlan Kellaway	9769 1677	<a href="http://parkmorephysiotherapy.com.au/">http://parkmorephysiotherapy.com.au/</a>
<b>Knoxfield</b>	Knoxfield 55+ Club (Senior Citizen Centre)	Carrington Park Activity Centre, 20 O'Connor Rd, Knoxfield	Bill Rule	9763 7944	<a href="http://www.knox.vic.gov.au/seniors">http://www.knox.vic.gov.au/seniors</a>
<b>Lilydale</b>	Lilydale Squash/Fitness Centre	446 Maroondah Hwy, Lilydale	Kim Gundry	9735 1155	<a href="http://www.lilydalefitness.com.au/">http://www.lilydalefitness.com.au/</a>
<b>MacLeod</b>	YMCA MacLeod	157 Wungan Street, MacLeod	Fiona Kriaris	9459 9022	<a href="http://www.macleod.ymca.org.au">www.macleod.ymca.org.au</a>
<b>Maribyrnong</b>	Maribyrnong Aquatic Centre	1 Aquatic Drive Maribyrnong	Joe Greco	9317 0250	<a href="http://www.maribyrnong.vic.gov.au/mac">www.maribyrnong.vic.gov.au/mac</a>
<b>Melton</b>	Melton Waves Leisure Centre	206 Coburns Rd Melton	Krista Woodfuffe	9747 4333	<a href="http://www.meltonwaves.com.au">www.meltonwaves.com.au</a>
<b>Moonee Ponds</b>	Cohealth community health	7 Chester St Moonee Ponds	Lucy Keenan	9377 7100	<a href="http://cohealth.org.au/">http://cohealth.org.au/</a>
<b>Narre Warren</b>	Casey Aquatic & Recreation Centre	Cnr Overland Dr & Princes Hwy Narre Warren	Kylie Peterson	9705 5000	<a href="http://www.caseyarc.ymca.org.au">www.caseyarc.ymca.org.au</a>
<b>Noble Park</b>	Uniting AgeWell – Day Therapy	1312 Heatherton Road, Noble Park, Victoria. 3174	Glenda Plavin	9554 0700	<a href="http://www.uacvt.org.au">www.uacvt.org.au</a>

<b>Northcote</b>	Northcote Aquatic and Recreation Centre-YMCA	180 Victoria Road Northcote	Frances Scarrott-Goold	9486 7200	<a href="http://www.northcote.ymca.org.au">http://www.northcote.ymca.org.au</a>
<b>Nunawading</b>	Aqualink Nunawading	Fraser Place Forest Hill	Health & Fitness Co-ordinator	9878 4576	<a href="http://www.aqualink.com.au">www.aqualink.com.au</a>
<b>Oakleigh</b>	Uniting AgeWell Oakleigh Rehabilitation Programs	68-72 Atherton Road Oakleigh	Glenda Plavin	9568 0466	<a href="http://www.uacvt.org.au">www.uacvt.org.au</a>
<b>Ormond</b>	Ormond Health and Fitness	1 Newman Ave Ormond	David Trotter	9578 5747	<a href="http://www.ormondhealthandfitness.com.au/">www.ormondhealthandfitness.com.au/</a>
<b>Reservoir</b>	Reservoir Leisure Centre	Cuthbert Rd Reservoir	Wendy Link-Pierce	9496 1050	<a href="http://www.reservoirleisurecentre.com.au">www.reservoirleisurecentre.com.au</a>
<b>Richmond</b>	Richmond Leisure Centre	Gleadell St Richmond	Colin Sneesby	9205 5032	<a href="http://www.yarracity.vic.gov.au/leisure">www.yarracity.vic.gov.au/leisure</a>
<b>Ringwood</b>	Aquanation	Corner Greenwood Avenue and Reilly Street, Ringwood	Dion Luxmore	9298 4600	<a href="http://www.maroondahleisure.com.au/venues/aquanation/">http://www.maroondahleisure.com.au/venues/aquanation/</a>
<b>Ringwood East</b>	Eastern Access Community Health	75 Patterson Street Ringwood East 3135	Linda Lim	9837 3999	<a href="http://www.each.com.au">www.each.com.au</a>
<b>Rowville</b>	Rowville Community Centre	20 Fulham Rd Rowville 3178	Trish Massie	9763 7400	<a href="https://www.knox.vic.gov.au/Page/Page.aspx?Page_Id=594">https://www.knox.vic.gov.au/Page/Page.aspx?Page_Id=594</a>
<b>Rowville</b>	Waverley Country Club –for Residents	60 Bergins Rd Rowville 3178	James Flynn	0413 945 671	
<b>Springvale</b>	Uniting AgeWell Noble Park Day Centre	Day Therapy Centre 3/16-18 Windsor Avenue, Springvale	Vickie	9574 0401	<a href="http://www.uacvt.org.au">www.uacvt.org.au</a>
<b>Sunbury</b>	Sunbury Aquatic & Leisure Centre	20 Ligar Street, Sunbury	Lisa Herriman	9740 9766	<a href="http://www.hume.vic.gov.au/Leisure_Tourism/Leisure_Centres/Sunbury_Aquatic_and_Leisure_Centre">http://www.hume.vic.gov.au/Leisure_Tourism/Leisure_Centres/Sunbury_Aquatic_and_Leisure_Centre</a>
<b>Wantirna</b>	Genesis Health Club - Wantirna	258 Scoresby Rd Wantirna	Karen Cosson	9762 8333	<a href="http://www.genesisfitness.com.au">www.genesisfitness.com.au</a>
<b>Wantirna South</b>	Knox Retirement Village	466 Burwood Hwy Wantirna South	James Flynn	0413 945 671	
<b>Werribee</b>	Victoria Uni, Werribee Campus	Building 7, Gate 3, Hoppers Lane, Werribee, 30330	Brooke Olson	9919 8173	<a href="http://www.vu.edu.au/campuses-services/sport-fitness/fitness-centres/werribee-health-fitness-centre">http://www.vu.edu.au/campuses-services/sport-fitness/fitness-centres/werribee-health-fitness-centre</a>
<b>Werribee</b>	Aqua Pulse	80 Derrimut Rd Hoppers Crossing	Tracey Sutherland	8734 5678	<a href="http://aquapulse.wynactive.com.au/contact">http://aquapulse.wynactive.com.au/contact</a>
<b>Williamstown</b>	South Pacific Health Clubs - Williamstown	Cnr North Rd & The Strand Williamstown	Penny Palman	9399 1100	<a href="http://williamstown.southpacifichc.com.au/">http://williamstown.southpacifichc.com.au/</a>
<b>Yarrambat</b>	Sentience Personal Training	28 Kurrak Rd Yarrambat	Snezana Pessin	9436 3240 0416176635	<a href="http://sentiencept.com.au/programmes-services/living-longer-living-stronger/">http://sentiencept.com.au/programmes-services/living-longer-living-stronger/</a>