

Living Longer Living Stronger™

Rural and Regional Providers

February 2017

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



Location	Organization	Venue Address	Contact Person	Tel No	Website
Bacchus Marsh	Bacchus Marsh Leisure Centre	5-15 Labilliere St Bacchus Marsh	Chloe Beech	5367 6650	www.bacchusmarshlc.com.au
Ballarat	Ballarat Community Health Centre Inc	260 Vickers St SEBASTAPOL	Warren Faneco	5338 4500	http://www.bchc.org.au/whats_on_at_bchc.php#Physical
Bairnsdale	Bairnsdale Aquatic and Recreation Centre	80 McKean St BAIRNSDALE	Alanna Jones	5152 5710	http://www.eastgippsland.vic.gov.au/Arts_and_Leisure/Recreation_Centres/Bairnsdale_Aquatic_and_Recreation_Centre
Bendigo	Rural Health Team Bendigo Health Care Group	Stewart Cowen Community Rehabilitation Centre EAGLEHAWK	Julia Youlton	5454 7102	www.bendigohealth.org.au
Bendigo	Bendigo Community Health	13-25 Helm St KANGAROO FLAT	Aileen O'Brien	5430 0500	http://www.bchs.com.au/services/healthprograms/PhysicalActivity/index.aspx
Chiltern	Indigo North Health Inc	Senior Citizens Centre Conness Street	Glenda Johnstone	(02) 6033 6263	http://www.inh.org.au/
Cobram	Personal Trainer	Regional & Mobile	Rodney James	5866 2282	
Dromana	Pinnacle Physiotherapy and Pilates	295 Pt Nepean Road Dromana	Carley Milton	5981 8008	http://www.pinnaclephysio.com.au/
Foster	Hard Work Café	Foster Showground's , Station Road FOSTER	Deb Eales	0429 950093	https://www.facebook.com/pages/Hardwork-Cafe/127499563946111?sk=info
Hastings	Pelican Park Recreation Centre	Hastings Foreshore, Marine Parade, Hastings, VIC 3915	Rosemarie Ackland	5950 1750	http://www.mornpen.vic.gov.au/Leisure_Tourism/Aquatic_and_Recreation_Centres/Pelican_Park_Recreation_Centre
Inverloch	Inverloch Community Centre YMCA	Cnr Reilly & A'Beckett St INVERLOCH	Emma Livesay	5672 4194 (Wonthaggi)	http://www.wonthaggi.ymca.org.au/health-wellness/training-fitness/exercise-for-older-adults.html
Kerang	Kerang District Health Inc	W.D. Thomas Day Centre Burgoyne St KERANG	Margaret Kendrick	54509200	http://www.ndchs.org.au/files/physical%20activity%20options.pdf
Kialla (Shepparton)	Personal Trainer	Regional & Mobile	Rodney James	5866 2282	

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Kyneton	Kyneton Toyota Sports & Aquatic Centre	4 Victoria St, KYNETON	Kate Meredith	5421 1477	http://www.mrsc.vic.gov.au/Arts_Sport_Leisure/Leisure_Centres/Kyneton_Toyota_Sports_Aquatic_Centre
Lakes Entrance	Lakes Aquadome	43 Palmers Rd LAKES ENTRANCE	Scott Agar	5155 3333	http://www.eastgippsland.vic.gov.au/Arts_and_Leisure/Recreation_Centres/Bairnsdale_Aquatic_and_Recreation_Centre
Leongatha	Voyage Fitness	51 McCartin St LEONGATHA 3953	Melinda Meade	5662 3057	http://voyagefitness.com.au/voyage-leongatha/
Maryborough	Active Older Adults Program Maryborough Sports Leisure Centre	40 Gillies St. MARYBOROUGH	Anne Cossar / Lauren	5461 4300	http://www.mslc.com.au/
Mildura	Mildura Senior Citizens Centre	Cnr 10th St & Langtree Ave MILDURA	Marg Tegart	5018 8241	http://www.mildura.vic.gov.au/Our_Services
Mornington	David Collings Leisure Centre	Dunns Rd MORNINGTON	Customer Service	5975 0133	http://www.mornpen.vic.gov.au/Services_For_You/Seniors_Aged_Care/Active_Ageing_Program
Nathalia	Personal Trainer	Regional & Mobile	Rodney James	5866 2282	
Nathalia	Nathalia District Hospital	36-44 McDonell St NATHALIA	Margaret Director of Nurses	5866 9444	http://www.nathaliahospital.org.au/index.php?page=exercise
Ocean Grove	Bellarine Peninsula CHS-Ocean Grove Venue	Cnr Presidents Ave & The Avenue, OCEAN GROVE	Sally Bambrook	5258 0803	http://www.bch.org.au/older-single.asp?ID=60
Phillip Island	Phillip Island Leisure Centre- YMCA	10 Church St COWES	Melanie Redmond	5952 2811	http://www.phillipisland.ymca.org.au/health-wellness/training-fitness/exercise-for-older-adults.html
Point Lonsdale	Bellarine Peninsula Community Health Service-Pt Lonsdale	Cnr Grimes & Nelson Rd POINT LONSDALE	Sally Bambrook	5258 0803	http://www.bch.org.au/older-single.asp?ID=60
Portarlington	Bellarine Peninsula Community Health Service-Portarlington Venue	Portarlington Pool Smythe St PORTARLINGTON	Sally Bambrook	5258 0803	http://www.bch.org.au/older-single.asp?ID=60
Sale	Aqua Energy	1 McIntosh Drive SALE	Kerrie Coey	5142 3700	http://www.wellington.vic.gov.au/Lists/Council-Facilities/Aqua-Energy
San Remo	My 24/7Gym	Bridgeview Complex 159 Marine Pde San Remo 3925	Jenny Merritt	0409010824	
Stawell	Stawell Regional Health	Bennett Centre for Community Activity, Sloane St, STAWELL	Julie Scanlan	5358 8587	http://www.srh.org.au/our-services/
Tallangatta	Tallangatta Health Service	Baree St TALLANGATTA	Wendy Cisar	02 6071 5200	http://www.tallangattahealthservice.com.au/allied_health/complimentary_health_wellbeing_fitness.html

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Tatura	Tatura Absolute Training Studio	68a Casey St, TATURA	Luisa Niglia	0428 266 310	http://www.tatstudio.com.au/strength.php
Traralgon	ABC High Performance	60 Queens Parade TRARALGON 3844	Andrew Crozier	0422 759 468	http://www.abchighperformance.com/
Violet Town	Violet Town Bush Nursing Centre	Cowslip St VIOLET TOWN	Brenda Hoare/ Luise Palmer	5798 1324	http://www.vtbnc.org.au/
Wangaratta	YMCA – Wangaratta Indoor Sports and Aquatic Centre (WISAC)	Schilling Drive WANGARATTA	Mike Paul	5722 1723	http://www.wangaratta.ymca.org.au/health-wellness/training-fitness/exercise-for-older-adults.html
Wonthaggi	Wonthaggi Aquatic & Leisure Centre-YMCA	41 Wentworth Rd WONTHAGGI	Emma Livesay	5672 4194	http://www.wonthaggi.ymca.org.au/health-wellness/training-fitness/exercise-for-older-adults.html
Woodend	Buffalo Sports Stadium	Forest St WOODEND	Karyn Aumont	5422 2239	http://www.mrsc.vic.gov.au/Arts_Sport_Leisure/Pools_Leisure_Centres/Woodend_Buffalo_Sports_Stadium
Yarra Junction	Yarra Centre	Warburton Hwy, YARRA JUNCTION	Lesley Grimes	5967 1675	http://www.yarracentre.com.au/facilities/group_fitness_and_aqua_aerobics