

Living Longer Living Stronger™
Rural and Regional Providers



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
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
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	
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

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Leongatha	Voyage Fitness	51 McCartin St LEONGATHA 3953	Melinda Meade	5662 3057	http://voyagefitness.com.au/voyage-leongatha/
Mildura	Mildura Senior Citizens Centre	Cnr 10th St & Langtree Ave MILDURA	Annette Wilson	5018 8242	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	
Ocean Grove	Bellarine Peninsula CHS-Ocean Grove Venue	Cnr Presidents Ave & The Avenue, OCEAN GROVE	Sally Bambrook	5258 0804	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 0804	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 0804	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
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
Warragul	Snap Fitness Warragul	31 Williams St, WARRAGUL	Sharon Holman	0488 488 918	https://snapfitness.com.au/gyms/warragul

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Yarra Junction	Yarra Centre	Warburton Hwy, YARRA JUNCTION	Lesley Grimes	5967 1675	http://www.yarracentre.com.au/facilities/group_fitness_and_aqua_aerobics