

August

Activities Calendar - 2025



Balwyn Evergreen Centre
 45 Talbot Ave, Balwyn 3103
 Open Mon-Fri 8.30am-4.30pm
(03) 9836 9681
 office@balwynevergreen.org.au

Monday	Tuesday	Wednesday	Thursday	Friday
LEGEND: Gentle – Gentle/Seated class Mod – Moderate Intensity Active – Active Class Tailored – Customised				1 9.45am Tai Chi 11am Seated Strength Exercise 11am Pilates 10am-3pm Supported Lifestyle Program
Notes <ul style="list-style-type: none"> Transport to and from Balwyn Evergreen available weekdays If you're new to Balwyn Evergreen Centre, your first exercise session is FREE Activities and programs are subject to change/cancellation at short notice *This exercise class is 45 minutes. All other exercise classes are 60 minutes ** Please note time change for this class/program 				
4 **11.30am Exercise to Music 12pm Seated Strength 1.30pm Digital Training Education	5 **9am Bus Outing 9.30am Balance 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise	6 10.15am Seated Exercise 10.15am Strength Exercise 11.30am Line Dancing 10am-3pm Supported Lifestyle Program	7 9.30am Men's Exercises *9.30am Movement to Music 11.15am Gym Sessions 1.30pm Evergreen Connections Café & Info Hub Launch 2.30pm Meditation & Yoga	8 9.45am Tai Chi 11am Seated Strength Exercise 11am Pilates 10am-3pm Supported Lifestyle Program
11 **11.30am Exercise to Music 12pm Seated Strength 1.30pm Digital Training Education	12 **9am Bus Outing 9.30am Balance 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise	13 10.15am Seated Exercise 10.15am Strength Exercise 11.30am Line Dancing 10am-3pm Supported Lifestyle Program	14 9.30am Men's Exercise *9.30am Movement to Music 11am Senior Divas group 11.15am & 1.15pm Gym Sessions 1pm-3.30pm Table Tennis 2.30pm Meditation & Yoga	15 9.45am Tai Chi 11am Seated Strength Exercise 11am Pilates 10am-3pm Supported Lifestyle Program
18 **11.30am Exercise to Music 12pm Seated Strength 1.30pm Digital Training Education	19 9.30am Bus Outing 9.30am Balance 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise	20 10.15am Seated Exercise 10.15am Strength Exercise 11.30am Line Dancing 10am-3pm Supported Lifestyle Program	21 9.30am Men's Exercises *9.30am Movement to Music 11.15am & 1.15pm Gym Sessions 1pm-3.30pm Table Tennis 2.30pm Meditation & Yoga	22 9.45am Tai Chi 11am Seated Strength Exercise 11am Pilates 10am-3pm Supported Lifestyle Program
25 10am Pop Up Audiology Clinic **11.30am Exercise to Music 12pm Seated Strength 1.30pm Digital Training Education	26 9.30am Bus Outing 9.30am Balance 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise	27 10.15am Seated Exercise 10.15am Strength Exercise 11.30am Line Dancing 10am-3pm Supported Lifestyle Program	28 9.30am Men's Exercise *9.30am Movement to Music 11am Senior Divas group 11.15am & 1.15pm Gym Sessions 1pm-3.30pm Table Tennis 2.30pm Meditation & Yoga	29 9.45am Tai Chi 11am Seated Strength Exercise 11am Pilates 10am-3pm Supported Lifestyle Program



PLANTS FOR SALE

Plants and pots supplied by
Tan's Green House
with 20% of proceeds donated to
Balwyn Evergreen!

Prices as marked
Please pay at the office

Botanical Notes

Please don't water plants
Handle with care

Pilates

AT BALWYN
EVERGREEN

Join our weekly class

Fridays

11am-12pm

If you're new to exercise at Balwyn
Evergreen, your first class is free!



With Jo Morris

'Moderate' class that suits all abilities - go at your own pace
Focus on balance, flexibility and strength
Stay for a cuppa and chat with the group afterwards

Please note: BYO Pilates mats are recommended,
but we do have mats available if needed.

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For bookings or enquiries
call 03 9836 9681 or email
office@balwynevergreen.org.au

www.balwynevergreen.org.au

**Allied
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Podiatry and
Physiotherapy
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Balwyn Evergreen.
To find out more
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with Balwyn Evergreen

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experience with your friends and
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office know and we'll do the rest!

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