



Staying Active

Exercise classes for over 50s

Regular exercise is the key to ageing well. Our Staying Active classes are specially-tailored for people over 50 to keep you active and social.

Cost: \$11.40 casual visit for over 50s



Class schedule

Blacktown Aquatic Centre	Staying Active Gym Circuit	Wednesday 9.45 am
	Young at Heart Dry	Monday - Friday 9 am
Blacktown Leisure Centre Stanhope	Staying Active Pilates/Yoga	Tuesday 11.15 am
	Young at Heart Aqua	Friday 9.30 am
	Young at Heart Dry	Thursday - Friday 11.15 am
Charlie Lowles Leisure Centre Emerton	Staying Active Aqua Aerobics	Friday 11.30 am

You can meet new people, enjoy the benefits of exercise as well as engage in social activities such as our monthly morning tea!

Visit our website for more information blacktown.nsw.gov.au/stayingactive

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Class descriptions

Staying Active Gym Circuit	Develop confidence in the gym environment and enjoy exercising under the guidance of a qualified fitness instructor. The gym circuit session will help you improve metabolism, build strength and increase flexibility so that you can enjoy life to the fullest! Have fun whilst you improve your fitness and learn how to use the equipment in the gym.
Staying Active Pilates/Yoga	Improve flexibility, posture and gain strength with our fun filled seniors Pilates class which incorporates a mind and body segment to reduce stress, relax and revitalise.
Staying Active Aqua Aerobics	Low impact total body workout includes toning with aqua dumbbells and noodles. Suitable for all fitness levels.
Young at Heart Aqua and Dry	<p>Young at Heart classes will help older adults look good and feel healthier. Classes are run by accredited fitness leaders who are specifically trained in exercise for older adults.</p> <p>Young at Heart includes both dry and land based classes which go for 45 minutes and includes a gentle warm up, cardiovascular exercise and light resistance training.</p>

Staying Active is a NSW Health funded program delivered in collaboration with Vitality Health Club.

Blacktown Aquatic Centre
4 Boyd Street
Blacktown NSW 2148
8869 9000

Blacktown Leisure Centre Stanhope
Sentry Drive
Stanhope Gardens NSW 2768
9421 2600

Charlie Lowles Leisure Centre Emerton
35 Jersey Rd
Emerton NSW 2770
8822 6000