

HEALTH & WELLBEING



Respect, love and value yourself

Caulfield South Community House

450 - 452 Kooyong Road, Caulfield South, VIC, 3162

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Monday - Friday 9am - 4pm

Visit our website:



**Caulfield South
Community House**



BARRE BODY CLASSES

Monday 5.15pm - 6pm (all levels of fitness)

Blending the poise of Pilates with the flowing sequencing of yoga, makes this class a pretty powerful form of exercise. **\$8 per class.**

CHAIR YOGA

Thursday 10.00 – 10.45am

Asana (practice of yoga poses), pranayama (the breath). Allows yoga to be accessible to those with limited mobility and balance. Reduce stress and improve mental clarity. **\$10 per class.**

MINI WELLBEING MIND BODY & SOUL RETREAT

Friday 3 - 5pm (once a term, please ask for dates)

Restore the body and soothe the mind through Mindful Movement, Breathing Meditation, Mandela Drawing and Sound Healing (Yoga Nidra) **\$40 per class.**

HATHA YOGA

Tuesday 7pm - 8pm & Saturday 9am - 10am

Classes incorporating the traditional aspects of Hatha yoga - postures, breath, mindfulness & listening to the body to strengthen it, calm the mind & open the heart. Appropriate for all ages. **\$14 per class.**

TABLE TENNIS

Wednesday 10 - 12noon (St. John's Uniting Church, Elsternwick)

Table tennis offers great mind-body stimulation, aerobic exercise, and social interaction. \$30 per annum.

JAZZERCISE

Wednesday 2.30 - 3.30pm

Jazzercise is the original dance & exercise workout. Blending dance with Pilates, cardio, barre, strength & toning training. **\$8 per class.**

PILATES

Tuesday 10am -11am (low impact - chair work for balance)

Wednesday 1.30-2.30pm (traditional Pilates - medium impact)

Low impact classes including light hand weights, designed to strengthen, tone and stretch the entire body. **\$8 per class.**

MENS ONLY EXERCISE

Tuesday 11am - 12noon

A combination exercise program just for men! Incorporating low level cardio, weights, resistance bands and also our new barre exercise program for core and leg strength. **\$8 per class.**

WALKING GROUPS

Tuesdays 10am - 11am (medium to fast pace)

Discover and tour local attractions by foot! Meet new friends, enjoy the fresh air and increase your level of fitness - two groups: slow to medium & medium to fast pace. **\$20 annual** Community House member fee.