Shellharbour CITY COUNCIL

Move Well, Age Well Fitness Class Timetable

Classes from Monday 12 October to Saturday 19 December 2026.

Day	Time	Class	Home venue	Exceptions	Exceptions venue
Mondays	4:00–5:00 pm	Strength, Balance & Fun (1 hr)	Oak Flats Neighbourhood Centre	**30 Nov 2026**	Flinders Hall + Activity Room 3
Mondays	5:15–6:00 pm	Mat Pilates (45 min)	Oak Flats Neighbourhood Centre	**30 Nov 2026**	Flinders Hall
Tuesdays	11:00 am–11:45 pm	Dance Fitness Zumba (45 mins)	Centenary Hall, Albion Park		
Wednesdays	11:00 am–12:00 pm	Strength, Balance & Fun (1 hr)	Centenary Hall, Albion Park	**2 Dec, 9 Dec 2026**	Flinders Hall + Activity Room 3
Wednesdays	12.15pm –1.15 pm	Yogalates (1 hr)	Centenary Hall, Albion Park	**2 Dec, 9 Dec 2026**	Flinders Hall + Activity Room 3
Thursdays	10:30–11:15 am	Standing Pilates (45 min)	Senior Citizens Centre of Warilla		
Fridays	11:00 am–12:00 pm	Strength, Balance & Fun (1 hr)	Centenary Hall, Albion Park		
Saturdays	9:00–9:45 am	Dance Fitness Zumba (45 mins)	Albion Park Community Centre		