



North Yarra Community Health

Men Living Stronger - Light Weights Gym Program

An individually designed gym circuit and weights program for men of all ages. It will help with arthritis pain, improve cardiovascular fitness and overall strength to assist in falls prevention. Doing it in the fun environment of the group will benefit your general well being.

Assessment by our physiotherapist prior to starting is essential.

Venue: Community Gym
Collingwood Housing Estate
253 Hoddle Street (Ground floor)

Time: Wednesdays, 3:00pm to 4:00pm

Cost: Small donation

Contact: Greg Bourke
9411 3555

Sharon Malcolm
9411 4333

All our Gym Programs require an assessment by one of our physiotherapists prior to commencing.

Please note that no Groups or Activities are held on Public Holidays

We welcome your feedback about Groups or Activities. Contact our Health Promotion Coordinator on (03) 9349 7333.