

Welcome to Gentle Exercise Classes



Tamworth Regional Council through its Community Services department organises the Gentle Exercise program for all people in the Tamworth community. This is a not for profit service run to benefit the people of Tamworth who are in need of this form of exercise.

What is Gentle Exercise?

These classes last 45 minutes and involve no jumping, running or extreme movements. The aim of gentle exercise is to provide a low impact exercise program that will increase fitness and mobility as well as muscle strength.

Who should join Gentle Exercise?

Seniors, people who have never exercised, those who cannot do any high impact workouts or are limited in their physical abilities. Please discuss with the instructor or Community Centre staff if unsure. These classes are open to any community member if they wish to exercise at this level.

People who have recently had an operation or injury should receive clearance from their medical officer before proceeding with any form of exercise.

Where are the classes held?

The Gentle Exercise classes are held at the Tamworth Community Centre, Darling St.

What do I wear?

Wear clothes that are loose and comfortable. Flat soled shoes that are enclosed and supportive need to be worn. Remember you may get quite warm while exercising. A jacket for when you finish is advisable.

How Do I Enrol?

Each person needs to complete an enrolment form which requires information about any medical conditions and your contact details. This information is confidential and will be kept secure at the Community Centre and will only be used by the Instructor to allow her to offer the correct program and to community centre staff if required to contact you at any stage.

How much does it cost?

There is no enrolment fee. Class fees are paid at the beginning of each class. Costs are kept to a minimum. Contact Community Centre for the current cost.

What time are the classes held?

Classes begin at 9am and run for 45 minutes. If you are a new member you should arrive 5-10 minutes earlier to complete an enrolment form and to speak to the instructor. Programs of class dates are printed each month and can be collected at the Centre or during classes.

Is the Instructor trained?

Yes. The instructor holds current qualifications as a fitness instructor and also further training in this form of exercise.

Who do I contact for further information?

Contact the staff at the Tamworth Community Centre in Darling St on:
(02) 6766 4480