

About

Your health is one of the foundations of a good life, and varies for each individual. Our team offers access to a broad range of classes and fitness activities aimed at maintaining a healthy, active lifestyle. These activities provide opportunities to improve your strength and flexibility.

Continue living an active life

Who is eligible?

The City of Burnside Home Support Program stay active services are funded by the Commonwealth Home Support Programme (CHSP). To be eligible for services, you must be aged 65 years or older or 50 years or older if you are an Aboriginal or Torres Strait Islander person.

Before you can receive services you will need to contact **My Aged Care on 1800 200 422** for an assessment. My Aged Care will determine the services you are eligible for and then provide you with referral codes for these services. To access our stay active services you will require a **Social Support Group referral code** from My Aged Care. To commence services, please phone us with your referral code.

Your wellbeing is our priority and as such, if you wish to take part, some activities and classes will require you to complete a medical clearance form prior to your first session.

How can we help?

Contact us, we are here to listen

Our friendly team is here to answer any questions you might have and connect you with the services you choose.

Fitness

8366 4144

An Australian Government Initiative

Funded by the Australian Government Department of Health through the Commonwealth Home Support Programme.

Disclaimer: Although funding for this Home Support Program has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.



City of Burnside

Home Support Program

Stay Active



burnside.sa.gov.au

Small Group Training

Enjoy maintaining and improving your fitness with group classes run by a qualified personal trainer.

These small group fitness classes are designed to help you achieve your personal goals. The training is a circuit class combining strength, cardio and flexibility workouts, followed by a relaxing cool down and stretch.

Where: Burnside Community Centre
When: Wednesday mornings
Duration: 1 hour

Contact 8366 4144



Pilates for Seniors

Increase your strength, balance, flexibility and muscle tone with weekly group Pilates classes. Beginners welcome.

Where: Burnside Town Hall
When: 10.45 am Wednesdays
Duration: 1 hour

Contact 8366 4144



Box Fit

Enjoy a non-contact, non-competitive boxing group to improve your fitness, strength and coordination.

This weekly boxing group is tailored to the older adult and run by qualified fitness instructors. This program teaches boxing movements with a goal of improved fitness, strength and reactive responses.

If you are living with Parkinson's disease, we encourage you to attend, as it has been shown that boxing can help build and maintain strength, endurance and balance.

Where: Burnside Wellness Space
When: 2 pm Tuesdays
Duration: 1 hour

Contact 8366 4144



B Balanced

Functional movement and standing postures designed to challenge and improve your balance. Movements incorporating dumbbells and resistance bands.

Where: Burnside Community Centre
When: 1pm Mondays
Duration: 1 hour

Contact 8366 4144

Contemporary Dancing

The City of Burnside holds contemporary dance classes for older people with a focus on balance, fitness and coordination. Beginners welcome.

Where: Masonic Hall, 1 Fisher Street, Tusmore
When: 10:00 am Wednesdays and 12.00 pm Fridays
Duration: 75 minutes

Contact 8366 4144



Yoga for Seniors

Improve your strength and balance with group yoga. These group yoga classes are designed for the older adult. Beginners welcome.

Where: Burnside Community Centre
When: 11.45 am Fridays
Duration: 1 hour

Contact 8366 4144



Fun, inclusive
exercise groups