



Agestrong Classes

All participants need to have an assessment with Peninsula Health before starting a class. This ensures that the leader is aware of any medical conditions, previous injuries or exercise limitations. Participants with certain health conditions will need to get sign off from their GP. The intake worker will send you the form.

To book in for an assessment contact Access, Peninsula Health on 1300 665 781

Below are the entry level classes that are available. Participants attend one class per week.

Classes that are greyed are currently full but you can be placed on a waitlist.

FRANKSTON AND SURROUNDS				
VENUE	CLASS TIMES	TRANSPORT SUPPORT	NOTES	RUN BY
Patterson Lakes Community Centre 54-70 Thompson Road, Patterson Lakes	Tue 10.15am & 11.30am Thu 10.15am & 11.30am	Class fee waived if client accesses class by taxi.		
Langwarrin Community Centre 2 Lang Rd, Langwarrin	Tue & Thu 9.30am Tue & Thu 10.45am			
Carrum Downs - Lyrebird Community Centre 203 Lyrebird Drive, Carrum Downs	Mon & Fri 9.00am, Mon & Fri 10.15am Mon & Fri 11.30am	Class fee waived if client accesses class by taxi.	NO VACANCIES	
Frankston North Community Centre 26 Mahogany Ave, Frankston North	Mon 9.30am & 10.45am Wed 9.30am & 10.45am	Class fee waived if client accesses class by taxi.	LIMITED VACANCIES	
Karingal PLACE 103 Ashleigh Ave, Frankston	Fri 9.20am Fri 10.20am		NO VACANCIES	
Belvedere Community Centre 151 East Road, Seaford	Mon 11.00am Thu 11.00am			
Frankston South Recreation Centre 55 Towerhill Rd, Frankston South	Mon & Wed 10.30am Mon^ & Wed 11.30am Thu 11.30am	^Limited council transport for eligible clients - 9784 1933	NO VACANCIES	
MORNINGTON				
Civic Reserve Recreation Centre 350 Dunns Road, Mornington	Tue 1.00pm Thu 1.00pm Thu 2.00pm (chair-based)	Peninsula Transport Assist subsidised transport available. 9708 8241 for info.		
WESTERN PORT				
Hastings Pelican Park Rec Centre Marine Parade, Hastings	Mon 12.00pm Mon 1.00pm (chair-based) Wed 1.00pm			
Somerville Recreation Centre 14 Edwards St, Somerville	Tue 11.15am Thu 11.15am			
Somers Pavilion 68 Camp Hill Road, Somers	Thu 11.00am		NO VACANCIES	
SOUTHERN PENINSULA				
Safety Beach Sailing Club Marine Drive, Safety Beach	Tue 9.30am & 11.00am	Class fee waived if client accesses class by taxi.		
Balnarring Hall 3035 Frankston-Flinders Rd, Balnarring	Tue 10.30am		NO VACANCIES	
Rosebud Senior Citizens Centre 121 Ninth Avenue, Rosebud	Wed 9.30am & 11.00am	Class fee waived if client accesses class by taxi.		
YAWA 100 Besgrove Street, Rosebud	Tue 1.00pm & 2.30pm	Class fee waived if client accesses class by taxi.	NO VACANCIES	
Rosebud Memorial Hall Nepean Highway, Rosebud	Wed 1.00pm Wed 2.00pm			

Updated June 2024