



83-93 Shakespeare Street
Hamilton Vic 3300
Phone: (03) 5551 4300

Gymnasium Classes

Living Longer Living Stronger (LLLS): Living Longer Living Stronger (LLLS) is an initiative of the Council of the Ageing (COTA) that aims to increase the quantity and quantity of strength training opportunities for older people. The program is available for people over 55 years during off peak times. The program addresses many exercise myths, promoting the benefits of strength training to older people. The LLLS program is a great opportunity for people to socialize with fellow participants both while training, but also afterwards with a regular morning tea offered to the group participants.

LLLS Circuits: Circuit training is a popular cross training class. Circuits will involve a warm up followed by a combination of strength training, as well as an aerobic component, using boxing equipment, cardiovascular equipment and varying stations that will elevate the heart rate. The class is a lot of fun as it is conducted in a group environment, but provides flexibility allowing you to work at your own pace.

* Please note that these classes are accessible to people that have a Full Access Membership, Gym Plus Membership, Living Longer Living Stronger Membership or have purchased a casual visit pass for a Living Longer Living Stronger visit.