



The Doncaster Rehabilitation Services GymActive program is suitable for people who would like a more supportive gym environment to self-direct their own exercise program. GymActive sessions run every weekday for clients to take advantage of our strength and cardio exercise equipment under limited supervision.

The program is designed to meet the needs of elderly clients (65+ years old), incorporating stretching, strengthening, balance and co-ordination exercises.

One of our physiotherapists will first complete an assessment to provide you with your own personal exercise program, suitable to your own level.

Thereafter, you can join any one of our GymActive session times to exercise and make new friends with other group members

**Cost**

Assessment	\$65.00
GymActive Session ( <i>per session</i> )	\$ 7.00

**Cost**

Monday	10:00am - 11:00am
Tuesday	10:30am - 11:30am
Wednesday	10:00am - 11:00am
Thursday	11:30am - 12:30pm
Friday	2:00pm - 3:00pm



**WHO IS ELIGIBLE FOR GYMACTIVE?**

These services are available to any person living within the Eastern Metropolitan Region who is aged:

- 65 years or older,
- 50 years or older and identify as an Aboriginal and/or Torres Strait Islander person, or
- 50 years or older and on a low income, homeless or at risk of homelessness

For enquiries or to book an assessment, please contact us on  
03 9856 1210 or [rehab@mannacare.org.au](mailto:rehab@mannacare.org.au)

