



## Cessnock and Maitland ActiveStrongerBetter Timetable November 2025

Please call ASB Leader prior to first class, registration may be required...

### Monday

Time	Suburb	Venue	Level	Leader	Contact
9-9:50am	Tenambit	Tenambit Community Hall, Corner of Tyrell and Kenneth Street	1-2	Jess B	0404733906
9-9:45am	Cessnock	Cessnock Bellbird Uniting Church - CNR of Cumberland and Cooper Street Cessnock	1-2	Melinda	0431440359
10:15-11:00am	Cessnock	Cessnock Bellbird Uniting Church - CNR of Cumberland and Cooper Street Cessnock	1-2	Melinda	0431440359
11:30-12:15pm	Rutherford	Rutherford Genesis - 18/343 New England Hwy, Rutherford NSW 2320	2	Genesis	(02) 4087 8796

### Tuesday

Time	Suburb	Venue	Level	Leader	Contact
9-9:50am	Tenambit	Tenambit Community Hall, Corner of Tyrell and Kenneth Street	1-2	Jess B	0404733906
9:30-10:30am ^	East Maitland	77 George Street East Maitland 2323	Seated -1	Arnold	0439 403 550
9:30-10:20am	Pokolbin	Elysia Wellness Retreat, 165 Thompsons Rd, Pokolbin 2320	AQUA	Melinda	0431440359
10:15-11am	Thornton	Genesis Health Club – 7 Poynton Pl, Thornton NSW 2322	2	T Genesis	(02) 49330453
8-8:45am	Gillieston Heights	Gillieston Heights Hub, Redwood Dr & Pine St, Gillieston Heights NSW 2321 (Every second week – visit website for full schedule)	1-2	Arnold	0439 403 550

^ Catholic Healthcare require participants to be 65+ years of age/55+ for Aboriginal/Torres Strait Islanders

ASB Class Levels: Seated, Level 1 - Beginner Level 1-2 - Moderate, Level 2 - Moderate to challenging, Level 3 – Challenging  
A pre-exercise assessment form must be completed at your first session and GP clearance may be necessary.



## Cessnock and Maitland ActiveStrongerBetter Timetable November 2025

### Wednesday

Time	Suburb	Venue	Level	Leader	Contact
8:30-9:20am	Tenambit	Tenambit Community Hall, Corner of Tyrell and Kenneth Street	1-2	Jess B	0404733906
9-9:45am	Cessnock	Cessnock Bellbird Uniting Church - CNR of Cumberland and Cooper Street Cessnock	1-2	Melinda	0431440359
10:15-11:00am	Cessnock	Cessnock Bellbird Uniting Church - CNR of Cumberland and Cooper Street Cessnock	1-2	Melinda	0431440359
11:30-12:15pm	Rutherford	Rutherford Genesis - 18/343 New England Hwy, Rutherford NSW 2320	2	R Genesis	(02) 4087 8796
3-3:45pm	Gillieston Heights	Gillieston Heights Hub, Redwood Dr & Pine St, Gillieston Heights NSW 2321 (Every second week – visit website for full schedule)	1-2	Kathryn	0466318953

### Thursday

Time	Suburb	Venue	Level	Leader	Contact
10:15-11am	Thornton	Genesis Health Club – 7 Poynton Pl, Thornton NSW 2322	2	T Genesis	(02) 49330453

### Friday

Time	Suburb	Venue	Level	Leader	Contact
11:30-12:15pm	Rutherford	Rutherford Genesis - 18/343 New England Hwy, Rutherford NSW 2320	2	R Genesis	(02) 4087 8796

ASB Class Levels: Seated, Level 1 - Beginner Level 1-2 - Moderate, Level 2 - Moderate to challenging, Level 3 – Challenging  
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