



Lake Macquarie and Central Coast Active Stronger Better Timetable November 2025

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

Monday

Time	Suburb	Venue	Level	Leader	Contact
8-8:45am	Belmont	Belmont Neighbourhood Centre - 359 Pacific Highway, Belmont 2280	2	Deb	0410098747
8-8:45am	Warners Bay	Genesis Health Club - 13/240-260 Hillsborough Road, Warners Bay 2280	2	WB Genesis	(02) 4087 8799
9-10am	Windale	PCYC - Lake Street, Windale 2306	1-2	Laraine	0409980130
9-9:45am	Belmont	Belmont Neighbourhood Centre - 359 Pacific Highway Belmont 2280	1	Deb	0410098747
9-9:45am	Warners Bay	Coughlan's Swim Centre - 318 Hillsborough Rd, Warners Bay 2282	AQUA	Pamela	0421862226
10-11am	Mount Hutton	Stepz Fitness, Lake Macquarie Fair, 46 Wilsons Rd, Mount Hutton NSW 2290	1-2	Stepz Fitness	0468 576 786
10:30-11:15am	Swansea	30 Josephson Street, Swansea 2281	2	Deb	0410098747
10:30-11:15am	Redhead	Swell Fitness - 66A Kalaroo Road, Redhead 2290	1-2	Siannah	0424515175
10:30-11:30am	Teralba	Community Hall - 15 Anzac Parade, Teralba 2284	1-2	Laraine	0409980130
11-11:45am	Charlestown	The Place Community Centre - Charlestown Square, Frederick Street Charlestown 2290	1-2	Michelle	0478751158
1-1:45pm	Swansea	30 Josephson Street, Swansea 2281	Seated -1	Tania	0411056611
2-2:45pm	Morisset	143 Dora St, Morisset 2264 * Class runs every 2nd Monday*	Seated-1	Deb	0410098747

Tuesday

Time	Suburb	Venue	Level	Leader	Contact
8:15-9am	Valentine	Valentine Progress Hall - 20 Allambee Place, Valentine 2280	2-3	Cath	0407634495
9-10am	Mount Hutton	Stepz Fitness, Lake Macquarie Fair, 46 Wilsons Rd, Mount Hutton NSW 2290	1-2	Stepz Fitness	0468 576 786
9:15-10am	Valentine	Valentine Progress Hall - 20 Allambee Place, Valentine 2280	2-3	Cath	0407634495
9:30-10:30am	Charm Haven	Charmhaven Community Hall - 4 Narara Avenue, Charmhaven 2263	1-2	Amanda	0412611727
10:30-11:15am	Redhead	Swell Fitness - 66A Kalaroo Road, Redhead 2290	1-2	Siannah	0424515175
10:15-11am	Valentine	Valentine Progress Hall - 20 Allambee Place, Valentine 2280	1-2	Cath	0407634495
11-11:45am	Warners Bay	Genesis Health Club - 13/240-260 Hillsborough Road, Warners Bay 2280	2	WB Genesis	(02) 4087 8799
12-12:45pm	Warners Bay	Genesis Health Club - 13/240-260 Hillsborough Road, Warners Bay 2280	1	WB Genesis	(02) 4087 8799

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

Time	Suburb	Venue	Level	Leader	Contact
8-8:45am	Belmont	Belmont Neighbourhood Centre - 359 Pacific Highway, Belmont 2280	2	Michelle	0478751158
8:15-9am	Valentine	Valentine Progress Hall - 20 Allambee Place, Valentine 2280	2-3	Cath	0407634495
9-9:45am	Swansea	30 Josephson Street, Swansea 2281	1	Arnold	0439403550
9-9:45am	Warners Bay	Coughlan's Swim Centre – 318 Hillsborough Rd, Warners Bay 2282	AQUA	Pamela	0421862226
10:30-11:15am	Redhead	Swell Fitness – 66A Kalaroo Road, Redhead 2290	1-2	Siennah	0424515175
10:30-11:15am	Edgeworth	Edgeworth Sport and Recreation Club – 1A Park St, Edgeworth 2285	1-2	Pamela	0421862226
11:30-12:15pm	Swansea	30 Josephson Street, Swansea 2281	Seated Yoga	Tania	0411056611

Thursday

Time	Suburb	Venue	Level	Leader	Contact
8-8:45am	Belmont	Belmont Neighbourhood Centre – 359 Pacific Highway, Belmont 2280	2	Deb	0410098747
9-9:45am	Belmont	Belmont Neighbourhood Centre – 359 Pacific Highway, Belmont 2280	1	Deb	0410098747
9:30-10:30am	Charm Haven	Charmhaven Community Hall – 4 Narara Avenue, Charmhaven 2263	1-2	Amanda	0412611727
10-11am	Mount Hutton	Stepz Fitness, Lake Macquarie Fair, 46 Wilsons Rd, Mount Hutton NSW 2290	1-2	Stepz Fitness	0468 576 786
10:30-11:15am	Dora Creek	Dora Creek Workers Club, 1 Minnie Street Dora Creek 2264	1	Julie	0412684340
11-11:45am	Warners Bay	Genesis Health Club – 13/240-260 Hillsborough Road, Warners Bay 2280	2	Genesis WB	(02) 4087 8799
12-12:45pm	Warners Bay	Genesis Health Club - 13/240-260 Hillsborough Road, Warners Bay 2280	1	WB Genesis	(02) 4087 8799

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Friday

Time	Suburb	Venue	Level	Leader	Contact
8-8:45am	Belmont	Belmont Neighbourhood Centre - 359 Pacific Highway, Belmont 2280	Stretch & Balance	Deb	0410098747
8-8:45am	Warners Bay	Genesis Health Club - 13/240-260 Hillsborough Road Warners Bay 2280	2	Genesis WB	(02) 4087 8799
8-9am	Valentine	Valentine Progress Hall - 20 Allambee Place, Valentine 2280	3+	Cath	0407634495
9-9:45am	Warners Bay	Coughlan's Swim Centre - 318 Hillsborough Rd, Warners Bay 2282	AQUA	Pamela	0421862226
9:15-10am	Valentine	Valentine Progress Hall - 20 Allambee Place, Valentine 2280	2/3	Cath	0407634495
9-10am	Mount Hutton	Stepz Fitness, Lake Macquarie Fair, 46 Wilsons Rd, Mount Hutton NSW 2290	1-2	Stepz Fitness	0468 576 786
9:30-10:15am	Charlestown	The Place Community Centre - Charlestown Square, Frederick Street Charlestown 2290	1	Deb	0410098747
9:30-10:30am	Narara	Narara Community Centre, 2 Pandala Road, Narara NSW	1-2	Donna	0412541393
10:30-11:15am	Charlestown	The Place Community Centre - Charlestown Square, Frederick Street Charlestown 2290	2	Deb	0410098747
10:30-11:15am	Redhead	Swell Fitness - 66A Kalaroo Road, Redhead 2290	1-2	Siannah	0424515175
10:30-11:15am	Edgeworth	Edgeworth Sport and Recreation Club - 1A Park St, Edgeworth 2285	1-2	Pamela	0421862226
12:15-1pm	Swansea	30 Josephson Street, Swansea 2281	1	Deb	0410098747

Saturday

Time	Suburb	Venue	Level	Leader	Contact
9-9:45am*	Mount Hutton	Scout Hall - 6 Lamington Drive, Mount Hutton 2290	2-3	Deb	0410098747
10-10:45am	Warners Bay	Genesis Health Club - 13/240-260 Hillsborough Road, Warners Bay 2280	2	Genesis WB	(02) 4087 8799
*This class runs the first 3 Saturdays of the month					

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