



Newcastle ActiveStrongerBetter Timetable February 2026

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

Monday

Time	Suburb	Venue	Level	Leader	Contact
9:30-10:15am	Merewether	Merewether Scout Hall, Smith Street, Newcastle West	1-2	Michelle	0478751158
9:30-10:30 am	Cooks Hil	YWCA Hunter, 24 Dawson St, Cooks Hill	1 (Women's only)	Donna	0412541393
10-11am	Wallsend	Masonic Hall - 4 Metcalfe St Wallsend	2 (Zumba Gold)	Robyn	0413881659
10:45-11:45 am	Cooks Hill	YWCA Hunter, 24 Dawson St, Cooks Hill	1 (Women's only)	Donna	0412541393

Tuesday

Time	Suburb	Venue	Level	Leader	Contact
7:30-8:30am	Broadmeadow	PCYC - Cnr Young & Melbourne Street Broadmeadow	1-2	Laraine	0409980130
8-8:45am	Stockton	Uniting Church Hall - Cnr Mitchel & King Street Stockton	1-2	Michelle	0478751158
9:30-10:15am	Adamstown	Uniting Church Hall - 228 Bruncker Road Adamstown	2	Jess	0402931226
9:30-10:15am	Elernmore Vale	Elernmore Glen Lifestyle & Retirement Village (The Shed) 178 Lake Road Elernmore Vale	1-2	Michelle	0478751158
11-11:50am	Merewether	Alice Ferguson Community Centre - 30 Caldwell Street Merewether	Seated Yoga	Natasha	0422477688

Wednesday

Time	Suburb	Venue	Level	Leader	Contact
9-10am ^^	Jesmond	Jesmond Park Uniting Church -15 Robert Street Jesmond	1	Hayley	0413913246
9:30 -10:15am	Merewether	Merewether Scout Hall, Smith Street, Newcastle West	1-2	Michelle or Deb	0478751158 or 0410098747
9:30-10:15am	Adamstown	Uniting Church Hall - 228 Bruncker Road Adamstown	2	Jess	0402931226
10:15-11am	Kotara	Kotara Bowling Club- 2 Howell Street Kotara	Seated-1	Lorraine	0411422300
11:30-12:15pm	Kotara	Kotara Bowling Club- 2 Howell Street Kotara	Seated-1	Lorraine	0411422300

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.



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Thursday

Time	Suburb	Venue	Level	Leader	Contact
8:30-9:15am	Stockton	Uniting Church Hall - Cnr Mitchel & King Street Stockton	1-2	Michelle	0478751158
9:30-10:15am	Adamstown	Uniting Church Hall - 228 Bruncker Road Adamstown	2	Jess	0402931226
9:30-10:30 am	Cooks Hil	YWCA Hunter, 24 Dawson St, Cooks Hill	2-3 (Women's only)	Cath	0407634495
10-10:45am	Elmore Vale	Elmore Glen Lifestyle & Retirement Village (The Shed) 178 Lake Road Elmore Vale	Seated	Tania	0411056611
10-11am	Williamtown	Williamtown Community Hall, 2 Sandeman Street, Williamtown	2 (Zumba Gold)	Robyn	0413881659
10:30-11:15am	Dixon Park	Surf Club, Ocean Street, Dixon Park	1-2	Deb	0410098747
11:15-12pm	Dixon Park	Surf Club, Ocean Street, Dixon Park	Stretch & Balance	Deb	0410098747

Friday

Time	Suburb	Venue	Level	Leader	Contact
9:30-10:15am	Elmore Vale	Elmore Glen Lifestyle & Retirement Village (The Shed) 178 Lake Road Elmore Vale	1-2	Michelle	0478751158
9:30-10:30	Cooks Hill	YWCA Hunter - 24 Dawson Street, Cooks Hill	Tai Chi	Lorraine	0411422300

^^ 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
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