



## **NSW ActiveStrongerBetter Timetable February 2026**

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

### **Monday**

| <b>Time</b>         | <b>Suburb</b> | <b>Venue</b>                                    | <b>Level</b> | <b>Leader</b> | <b>Contact</b> |
|---------------------|---------------|---|--------------|---------------|----------------|
| <b>9:30-10:15am</b> | <b>Forbes</b> | Anytime Fitness, 131-135 Rankin St, Forbes 2871 | 1-2          | Sherrie       | 0432929587     |

### **Wednesday**

| <b>Time</b>         | <b>Suburb</b> | <b>Class</b>                                    | <b>Level</b> | <b>Leader</b> | <b>Contact</b> |
|---------------------|---------------|---|--------------|---------------|----------------|
| <b>9:30-10:15am</b> | <b>Forbes</b> | Anytime Fitness, 131-135 Rankin St, Forbes 2871 | 1-2          | Sherrie       | 0432929587     |

### **Thursday**

| <b>Time</b>    | <b>Suburb</b> | <b>Class</b>  | <b>Level</b> | <b>Leader</b> | <b>Contact</b> |
|----------------|---------------|---|--------------|---------------|----------------|
| <b>11-12pm</b> | <b>Foster</b> | Great Lakes Physio – 21 The Lakes Way, Forster 2428 | 1-2          | Terri         | 0265546556     |

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.