



Port Stephens and Upper Hunter Region ActiveStrongerBetter Timetable February 2026

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

Monday

Time	Suburb	Venue	Level	Leader	Contact
9-10am	Dungog	Hospital Day Care Centre, 60 Hospital Road, Dungog	1-2	Charmian	024995700
2-3pm	Dungog	Hospital Day Care Centre, 60 Hospital Road, Dungog	1-2	Charmian	024995700

Wednesday

Time	Suburb	Venue	Level	Leader	Contact
10-11am	Williamtown	Williamtown Community Hall – 2 Sandeman Street, Williamtown	2 (Zumba Gold)	Robyn	0413881659
4:30-5:15pm	Muswellbrook	61 Queens Street, Muswellbrook	2	Nicole	0407546739

Thursday

Time	Suburb	Venue	Level	Leader	Contact
10:30-11:15am	Singleton	Stepz Singleton, Shop 8/54-56 John St, Singleton NSW 2330	1	Stepz	0447078158
11-11:45am	Salamander Bay	Tomaree Library and Community Centre - 7 Community Close, Salamander Bay	1	Debra	0414700860
11:30-12:30pm ^	Raymond Terrace	Raymond Terrace Uniting Church - 5 Wahroonga St, Raymond Terrace	1	Hayley	0413913246

Friday

Time	Suburb	Venue	Level	Leader	Contact
3:30-4:30pm	Dungog	Hospital Day Care Centre, 60 Hospital Road, Dungog	1-2	Charmian	024995700

^ 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.