



# Age Well Fitness

Age Well Fitness is a group class for older adults that helps maintain and improve physical health, social connections, and overall wellbeing.

Our one hour classes are held in a group setting, with an individually tailored exercise plan for each participant that focuses on boosting energy, strength, flexibility and balance, ensuring all participants get the most out of the class. Age Well Fitness is delivered under the supervision of a qualified exercise physiologist.

## Locations

**Our Age Well Fitness classes are held at:**

The Gardens Recreation Centre  
corner Kings and Martins Roads, Parafield Gardens

Helping Hand Harrison Court  
54 Buxton Street, North Adelaide

Golden Grove Wellbeing Centre  
1000 The Golden Way (the Clock Tower Building),  
Golden Grove

*Commonwealth Home Support Programme or Home Care Package funds can be used to pay for an initial health assessment and your class fees. Private health insurance rebates for fees may also be claimed.*

Contact us on 1300 444 663 or  
[homecare@helpinghand.org.au](mailto:homecare@helpinghand.org.au) to find out more