



## WELCOME TO STRENGTH FOR LIFE 50+, Tier 2 Facility

### Session times are:

Mondays	Clo	8.30 am, 9.30 am, 10.45 am (low impact/seated), 12.00 pm & 1.00 pm
Tuesdays	Clo	8.30 am, 9.30 am, 10.45 am & 11.45 am
Wednesdays	Michael	8.50 am, 10.00 am, 11.00 am & 5.30 pm
Thursdays	Annki	8.15 am, 9.20 am, 10.30 am (low impact/seated) & 12.00 pm
Fridays	Clo	8.30 am, 9.30 am, 10.45 am & 12.00 pm

### Contact an Instructor

- Telephone the relevant instructor of the class you wish to attend to arrange a time for an assessment:
  - Clo 0498 729 520 (Monday, Tuesday and Friday)
  - Michael 0414 663 744 (Wednesday)
  - Annki – text message preferred 0414 213 960 (Thursday)
- A suitable time for your assessment will be made by the instructor
- Bring all of your forms (**see below**) and **\$50 CASH** to the assessment appointment
- The assessment will take approximately 45 minutes
- You will receive a tailor-made program and the instructor will book you into a class

### Complete Enrolment Forms

To enrol in the program you require to complete as a minimum:

- Enrolment Form
- Screening Form

If you answer “yes” to any questions on the Screening Form, you will also need the Referral Form to be completed by your Doctor. If you have had recent treatment with a physiotherapist or exercise physiologist for a musculoskeletal issue, you can take the Referral Form to the physio for completion before you attend your assessment.

The Assessment Summary and Fitness Testing Forms will be completed by the instructor during your assessment.

### Session Tickets

Can be purchased from the City of Burnside Civic Centre, 401 Greenhill Road, Tusmore.

- Session tickets are available in 5, 10 or 20 sessions
- Ticket prices: 5 sessions \$30, 10 sessions \$60, 20 sessions \$120
- Tickets are non-refundable, but are transferable

For further information regarding the Strength for Life 50+ program, please telephone **Burnside Community Centre** on 8366 4233

**Facility Address: Burnside Community Centre, 401 Greenhill Road, Tusmore**

26 February 2024

Exercising in Hot Weather

Dear Strength for Life Participant

The Strength for Life exercise classes conducted in the Burnside Community Centre Wellness Space will be cancelled according to the following, as reported on the ABC evening news broadcast the day before:

- **If the temperature is forecast to be 38 degrees or above as indicated on the Bureau of Meteorology website [www.bom.gov.au/sa/forecasts/adelaide](http://www.bom.gov.au/sa/forecasts/adelaide)**
- **If the State Emergency Service (SES) have declared an Extreme Heat Event as indicated on the SES website [www.ses.sa.gov.au/site/home](http://www.ses.sa.gov.au/site/home)**

If you wish to receive an SMS message regarding any proposed cancellations, please notify your fitness instructor of your mobile phone number. A notice will also be placed on the Wellness Space entrance door and on the City of Burnside website [www.burnside.sa.gov.au](http://www.burnside.sa.gov.au) if classes are to be cancelled.

As outlined by SA Health ([www.sahealth.sa.gov.au](http://www.sahealth.sa.gov.au)) if exercising when the weather is warm or humid, it is important to:

- Use common sense – exercise moderately and, if you start to feel ill, slow down and stop.
- Wear loose-fitting clothes made from natural fibres like cotton that will let sweat evaporate more easily, helping to keep you cool.
- Drink plenty of water before and during exercise.
- Keep cool by modifying your routine
- Do not rush outside and leave the class. Take 5-10 minutes to cool down before leaving

Kind Regards

Darren Baynes  
Team Leader Community Centres and Events  
City of Burnside