



**Macedon
Ranges**
Shire Council

**Aquatic &
Fitness Centres**

Staying Strong Timetable

Effective Monday 3 Feb 2025

	Mon	Tues	Wed	Thurs	Fri
9:00am		Buffalo Sports Stadium		9:15am Gisborne Fitness Centre: Low Impact Cardio	Buffalo Sports Stadium
9:30am	Romsey Recreation Centre		Romsey Recreation Centre		Romsey Recreation Centre
10:00am	Gisborne Fitness Centre	Gisborne Fitness Centre: Higher Intensity	Gisborne Fitness Centre		Gisborne Fitness Centre
10:45am		Kyneton Toyota Sports & Aquatic Centre			Kyneton Toyota Sports & Aquatic Centre
11:00am	Gisborne Fitness Centre		Gisborne Fitness Centre		Gisborne Fitness Centre

Programs across Macedon Ranges Shire

Staying Strong - A 60 minute circuit style class for the Mature Adult (55+ years) to build and maintain muscle, cardiovascular strength, improve bone density, balance and self-esteem.

Staying Strong Low Impact Cardio - A 60 minute low impact class including Tai Chi, step, balance and circuit exercises to improve and maintain cardiovascular fitness and body mobility.

Staying Strong Higher Intensity – A 60 minute circuit style class for the Mature Adult using bodyweight and resistance equipment to build and maintain muscular strength.

For more information about our gentle exercise programs, visit mrsc.vic.gov.au/gentle-exercise

General Information

All class participants must complete a participant agreement form including pre-exercise medical history. A medical certificate from your GP may be required prior to class attendance.

Staying Strong Classes have a maximum capacity of 20 participants per class. Prior booking for the classes is not required at Buffalo, Romsey and Kyneton facilities. Booking is optional but preferred at Gisborne Fitness Centre.

Staying Strong 10 and 20 pass cards are transferable across the four centres.

Staying Strong is included in gym and gym/swim memberships purchased at Kyneton Toyota Sports & Aquatic Centre and Gisborne Fitness and Aquatic Centres. These can be used to attend Staying Strong across the four centres.

For your own comfort, please ensure you bring along a towel and drink bottle. Participants must visit GFC and/or KTSAC reception to collect a class ticket before commencing the class.

For membership, casual visit or 10 and 20 pass card prices, visit mrsc.vic.gov.au/memberships-passes

Gisborne Fitness Centre



(03) 5428 3318



gfc@mrsc.vic.gov.au

Kyneton Toyota Sports & Aquatic



(03) 5421 1477



ksac@mrsc.vic.gov.au

Woodend Buffalo Sports Stadium



(03) 5427 3411



buffalo@mrsc.vic.gov.au

Romsey Recreation Centre



(03) 5429 5637



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