

Heartmoves Locality Guide December 2011

Heartmoves is a low to moderate intensity exercise program developed by Heart Foundation for people who are living with health conditions. It is suitable for all who would like to improve their health by regular exercise at a level with which they are comfortable. Accredited and licensed leaders give the classes at levels appropriate and safe for clients' needs.

This guide, updated each month, may be used to locate the nearest currently active licensed Heartmoves program, or you can sort by Division of General Practice (DGP). The information is available on the Heartmoves website at <http://heartmoves.heartfoundation.org.au> which is regularly updated.

More information may be obtained by contacting the Heartmoves program directly.

The Heart Foundation has a Heartmoves Training Support Officer in most States. They are available to provide further information regarding both the needs of potential clients and fitness instructors who may want to train and become licensed as Heartmoves instructors.

ACT	02 6269 2653	Diane Percy	diane.percy@heartfoundation.org.au
NSW	02 9219 2479	Kamilla Haufort	kamilla.haufort@heartfoundation.org.au
NT	07 3872 2598	Janine Gardner	janine.gardner@heartfoundation.org.au
QLD	07 3872 2598	Janine Gardner	janine.gardner@heartfoundation.org.au
SA	08 9382 5905	Dannie Butcher	dannie.butcher@heartfoundation.org.au
TAS	03 6220 2210	Mathew McDonagh	matthew.mcdonagh@heartfoundation.org.au
VIC	03 9321 1531	Sarina Lococo	sarina.lococo@heartfoundation.org.au
WA	08 9382 5905	Dannie Butcher	dannie.butcher@heartfoundation.org.au



ACT

Post code	Town / Suburb	Contact phone	Contact name	Venue	Address	Other Heartmoves accreditation	DGP	AHS
2600	Deakin	02 6295 0506	Heather Westbury	MS Australia	Gloria McKerrow House, 117 Denison Street	Multiple sclerosis	ACT division	ACT Health
2603	Forrest	02 6260 8595	Janelle Field	Capital Hill Health Club	Cnr Canberra Ave & National Cct		ACT division	ACT Health
2603	Griffith	02 6260 8500	Jennifer A'Hern	A'Hern Fitness	82 Canberra Ave		ACT division	ACT Health
2606	Phillip	0417 558 855	Mark Moerman	Exceed Health & Fitness			ACT division	ACT Health
2611	Weston	02 6287 3707	Reception	Edge Health Club	45 Liardet Street		ACT division	ACT Health
2612	Turner	0403 151 369	Kylie Seretin	Canberra Seniors' Centre	10 Watson Street	Multiple sclerosis	ACT division	ACT Health
2612	Turner	02 6247 6267	Natasha Lukin	Feel Good Studio	Suite 11, 5 McKay Gardens Professional Centre		ACT division	ACT Health
2615	Charnwood	02 6295 0506	Heather Westbury	St Barnabas Church Hall	10 Charnwood Place	Multiple sclerosis	ACT division	ACT Health
2617	Bruce	02 6207 4309	Reception	Canberra Institute of Technology: Fit & Well	Hayden Drive		ACT division	ACT Health



Heart Foundation
Heartmoves



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2904	Fadden	02 6298 5500	Gail Aiken	mPowerdome	56 Coyne Street		ACT division	ACT Health
2906	Conder	02 6223 2366	Linda Clee	Lanyon Community Centre	Sidney Nolan Street		ACT division	ACT Health
2914	Harrison	0412 885 019	Carolyn Vincent	Gungaderra Homestead	Wimmera Street		ACT division	ACT Health



New South Wales

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2000	The Rocks	02 9244 3611	Reception	KGV Fitness Centre	3B Cumberland Street		NSW	Eastern Sydney
2022	Bondi Junction	0415 034 669	Ennio Herrera	Waverley Community & Senior Centre - MEN ONLY	31 - 33 Spring Street	Multiple sclerosis	NSW	Eastern Sydney
2024	Waverley	02 9219 2461	Melanie Ward	Waverley Community Centre	54 Victoria Street		NSW	South Eastern Sydney
2034	Coogee	02 9665 4058	Alice Rose	Titan Fitness	29-31 Alfreda Street		NSW	South Eastern Sydney
2034	Coogee	0415 034 669	Ennio Herrera	Coogee Diggers RSL Club	Corner Byron and Carr Streets	Multiple sclerosis	NSW	South Eastern Sydney
2036	Hillsdale	0415 034 669	Ennio Herrera	Hillsdale Community Centre	236 Bunnerong Road	Multiple sclerosis	NSW	South Eastern Sydney
2039	Rozelle	0404 718 187	Christine Murtagh	Hannaford Centre	608 Darling Street	Multiple sclerosis	NSW	Central Sydney
2039	Rozelle	0404 718 187	Christine Murtagh	Balmain Fitness	32 Robert Street	Multiple sclerosis	NSW	Central Sydney
2046	Canada Bay	0410 544 399	Garry Chamberlain	The Canada Bay Club	William Street		NSW	Central Sydney



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2046	Five Dock	02 9744 2622	Reception	Five Dock Leisure Centre	Cnr Queens Road & William Street		NSW	Central Sydney
2050	Camperdown	02 9298 3090	Reception	Victoria Park Pool	Corner City Road and Parramatta Road		NSW	Central Sydney
2065	Crows Nest	0403 050 168	Desiree Park	Crows Nest Centre	Ernest Place		NSW	GP Network Northside
2065	Crows Nest	0405 321 775	Karen Rook	Crows Nest Clinical Pilates and Physiotherapy	Level 2, 118 Willoughby Road		NSW	Northern Sydney
2067	Chatswood	0403 050 168	Desiree Park	Chatswood Dogherty Centre	7 Victor Street		NSW	Northern Sydney
2074	Turrumurra	0403 050 168	Desiree Park	Turrumurra Uniting Church Hall	10 Turrumurra Avenue		NSW	GP Network Northside
2077	Asquith	0403 050 168	Desiree Park	Asquith Bowling & Recreation Club	1 Lodge Street		NSW	GP Network Northside
2077	Hornsby	0403 050 168	Desiree Park	Willow Park Community Centre	25 Edgeworth David Avenue		NSW	GP Network Northside



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2077	Waitara	02 9987 4277	Jarrold Stacey	Millenium Health Club	9 Alexandria Parade		NSW	GP Network Northside
2102	Warriewood	0405 457 063	Ingrid van Baren-Davey	Nelson Heather Centre	Jackson Road		NSW	Manly Warringah
2115	Ermington	0423 515 616	Felicity Watson	Ermington Community Hall	10 River Road		NSW	Wentwest Limited
2118	Carlingford	0417 696 830	Tonia Norton	Carlingford Court Community Centre	Cnr Pennant Hills & Carlingford Roads		NSW	GP Network Northside
2120	Pennant Hills	0411 030 379	Alma Weber	Lutanda Manor Retirement Village	14 Victoria Rd.]	Multiple sclerosis	NSW	Hawkesbury-Hills
2145	Wentworthville	0411 030 379	Alma Weber	Pump Fitness	53 Station Street	Multiple sclerosis	NSW	Wentwest Limited
2145	Wentworthville	0423 515 616	Felicity Watson	Karabi Neighbourhood Centre	1 Lurgan Street		NSW	Wentwest Limited
2147	Seven Hills	0411 030 379	Alma Weber	Royal Life Saving NSW	78 Best Rd.	Multiple sclerosis	NSW	Hawkesbury-Hills



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2148	Blacktown	0409 076 173	Pat Sharp	Sydwest Multicultural Service Inc (Turkish, Spanish, Croatian, Coptic)	125 Sunnyholt Road	Multiple sclerosis	NSW	Wentwest Limited
2148	Blacktown	0409 076 173	Pat Sharp	Stroke Recovery Association - Blacktown Workers Club	55 Campbell Street	Multiple sclerosis	NSW	Wentwest Limited
2148	Blacktown	02 9622 2279	Reception	Blacktown Aquatic Centre	4 Boyd St		NSW	Wentwest Limited
2153	Bella Vista	1300 858 639	Tammy Kazangi	New Dimensions Wellness	7/1 Celebration Drive		NSW	Hawkesbury-Hills
2154	Castle Hill	0411 030 379	Alma Weber	Castle Hill RSL sub-branch (land and aqua classes)	77 castle Street	Multiple sclerosis	NSW	Wentwest Limited
2160	Merrylands	0411 030 379	Alma Weber	Cardinal Gilroy Retirement Village	Barcom St.	Multiple sclerosis	NSW	Wentwest Limited
2217	Ramsgate	02 9529 8878	Joan Fayle	Ramsgate Uniting Church Hall	181 Rocky Point Road		NSW	St George



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2228	Miranda	02 9520 0087	Donna Coffey	Fitness Firm @ Kiora Mall	Central Avenue		NSW	Sutherland
2229	Taren Point	02 9520 0087	Donna Coffey	Woolooware Shores	2 Alexandria Avenue		NSW	Sutherland
2229	Caringbah	02 9520 0087	Donna Coffey	Port Hacking Council Hall	Gannons Road		NSW	Sutherland
2230	Cronulla	02 9527 4099	Phillip Richardson	Southside Physiotherapy & Sports Injury Clinic	82 Burraneer Bay Road		NSW	Sutherland
2232	Sutherland	02 9520 0087	Donna Coffey	Sutherland United Services Club	East Parade		NSW	Sutherland
2233	Heathcote	02 9520 0087	Donna Coffey	Heathcote Scout Hall	Oliver Street		NSW	Sutherland
2250	East Gosford	0435 832 449	Julie-Ann Sinclair	Lions Community Hall	Russell Drysdale Drive		NSW	Central Coast



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2251	Kincumber	0407 940 869	Sandra Pritchard	Broadwater Court Retirement Village	79 Avoca Drive	Multiple sclerosis	NSW	Central Coast
2256	Woy Woy	0432 577 117	Darlene Cassidy	The Sporties at Woy Woy (Woy Woy Bowling Club)	Cnr of Brickwharf Rd & North Burge Road		NSW	Central Coast
2256	Woy Woy	0407 940 869	Sandra Pritchard	St Lukes Church Hall	Blackwall Road Street	Multiple sclerosis	NSW	Central Coast
2257	Hardys Bay	0407 940 869	Sandra Pritchard	Hardys bay community church	114 Araluen Drive	Multiple sclerosis	NSW	Central Coast
2259	Lake Munmorah	0435 832 449	Julie-Ann Sinclair	Lake Munmorah Residential Resort by appointment	Saliena Avenue		NSW	Central Coast
2259	Tuggerah	0435 832 449	Julie-Ann Sinclair	Tuggerah Community Hall	Anzac Road		NSW	Central Coast
2259	Gwandalan	02 4976 1735	Russell Bridge	Tunkwallin Community Hall	Kanangara Drive	Multiple sclerosis	NSW	GP Access



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2264	Morisset	0435 832 449	Julie-Ann Sinclair	Anytime Fitness Club	3/ 50 Alliance Avenue		NSW	GP Access
2265	Cooranbong	02 4977 0000	Reception	Avondale Retirement Village	Corner Freemans Drive & Central Road		NSW	GP Access
2280	Belmont	02 4947 0031	Reception	Belmont Neighbourhood Centre	359 Pacific Highway		NSW	GP Access
2281	Caves Beach	02 4971 4695	Leisa Bignill	Caves Beach Gym	15 Strathmore Road		NSW	GP Access
2282	Valentine	0410 263 400	Megan Barton	Valentine Scout Hall	St Johns Road		NSW	GP Access
2283	Carey Bay	02 4959 4444	Ester Townsend	Hype Fitness	1, 17 Laycock Street		NSW	GP Access
2283	Toronto	02 4959 4444	Reception	Toronto Yacht Club	Arnett Street		NSW	GP Access
2285	Warners Bay	02 4956 6557	Marty Rees	Genetics Fitness Club	314 Hillsborough Road		NSW	GP Access



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2286	West Wallsend	0412 380 351	Alison Trotter	West Wallsend Workers Club	Carrington Street		NSW	GP Access
2289	Adamstown	0448 048 414	Helen Asimus	Adamstown Uniting Church - MS suitable	608 Glebe Road	Multiple sclerosis	NSW	GP Access
2290	Charlestown	0412 380 351	Alison Trotter	Fitness at Central	8 Bula Street		NSW	GP Access
2290	Whitebridge	0417 122 785	Juanita Bradica	Multipurpose Centre	James Street		NSW	GP Access
2290	Kahibah	0438 618 698	Kerri Summerhayes	Kahibah Sports Club	63 Kenibea Avenue (cnr Kahibah Road)		NSW	GP Access
2295	Stockton	0438 283 252	Shanyn Dunn	Uniting Church Hall	King Street		NSW	GP Access
2296	Islington	02 4914 5999	Reception	Leapfrog Ability	37 Fern Street		NSW	GP Access
2299	Jesmond	02 4979 8501	Jessica Scott	Jesmond Neighbourhood Centre	44 Mordue Parade		NSW	GP Access



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2300	Newcastle	02 4903 6150	Deborah Huff	Balance Health Club - City	593 Hunter Street		NSW	GP Access
2304	Mayfield	02 4903 6200	Reception	Balance Health Club - Mayfield	32 Industrial Drive		NSW	GP Access
2305	New Lambton	02 4935 1280	Reception	Balance New Lambton	Tauranga Road		NSW	GP Access
2315	Nelson Bay	02 4984 8335	Reception	Balance Health Club	Shoal Bay Road		NSW	GP Access
2318	Medowie	0413 260 933	Elizabeth Cox	Medowie Community Centre	Ferrodale Road		NSW	GP Access
2322	Beresfield	0438 283 252	Shanyn Dunn	Beresfield Bowling Club	Anderson Drive		NSW	GP Access
2323	Maitland	02 4936 6766	Bill Johnson	Body & Soul Healthworks	High Street		NSW	GP Access
2323	East Maitland	02 4933 8522	Michelle Davis	Targeted Fitness	66 King Street		NSW	GP Access



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2323	East Maitland	02 4933 8400	Reception	Maitland Hospital Rehabilitation Unit	175 Chisholm Road		NSW	GP Access
2324	Raymond Terrace	0413 260 933	Elizabeth Cox	Raymond Terrace Bowling Club	Jacaranda Avenue		NSW	GP Access
2324	Tea Gardens	0438 337 349	Leon Bobako	The Grange Lifestyle Resort	Spinifex Avenue		NSW	GP Access
2337	Scone	02 6545 9915	Deanna Faulks	Xtra Fit	79 Scott Street		NSW	Hunter Rural
2340	Tamworth	02 6767 8330	Reception	Tamworth Hydrotheraphy Pool & Staff Fitness Centre	Dean Street		NSW	North West Slopes (NSW)
2341	Werris Creek	0427 676 829	Reception	Werris Creek Hospital	North Street		NSW	North West Slopes (NSW)
2343	Quirindi	02 67461755	Belinda Eykamp	Quirindi recreation centre	60 Station road		NSW	North West Slopes (NSW)



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2370	Glen Innes	02 6732 2346	Jason Reed	JR Fitness	11/100 Lambeth Street		NSW	New England
2420	Dungog	02 4995 7000	Charmian Bridge	Dundog Community Hospital	Hospital Rd		NSW	Hunter Rural
2427	Harrington	02 6585 4562	Toni Gore	Harrington Bowling Club	Beech Street	Multiple sclerosis	NSW	Hunter Rural
2443	Laurieton	0412 383 136	Greg Gleeson	Laurieton School of Art	Cnr Bold and Laurie Streets	Multiple sclerosis	NSW	Hastings Macleay
2443	West Haven	02 6585 4562	Toni Gore	Queenslake Retirement Village	Kew Road	Multiple sclerosis	NSW	Hastings Macleay
2444	Port Macquarie	0412 383 136	Greg Gleeson	Organic Fitness	Shop 6 "The Hub Centre" Bellbowrie Street	Multiple sclerosis	NSW	Hastings Macleay
2444	Port Macquarie	02 6581 5514	Joan Newbould	Moving to Health Studio	4 Merrigal Road		NSW	Hastings Macleay
2444	Port Macquarie	02 6585 4562	Toni Gore	Parklands Retirement Village	Central Road	Multiple sclerosis	NSW	Hastings Macleay



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2445	Bonny Hills	02 6585 4562	Toni Gore	Bonny Hills Community Hall	Ocean Drive	Multiple sclerosis	NSW	Hastings Macleay
2445	Bonny Hills	02 6585 4562	Toni Gore	Bonny Hills Church of Christ	Ocean Drive	Multiple sclerosis	NSW	Hastings Macleay
2450	Coffs Harbour	0422 023 491	Denise Merven	Girl Guides Hall	Harbour Drive & Curacoa Street	Multiple sclerosis	NSW	Mid North Coast (NSW)
2450	Coffs Harbour	0422 023 491	Denise Merven	Coffs Ex Services Club	Vernon Street	Multiple sclerosis	NSW	Mid North Coast (NSW)
2452	Toormina	6658 6222	Jacqui Jarratt	Coffs Coast Health Club	600 Hogbin Drive		NSW	Mid North Coast (NSW)
2460	Macleay	0409 627 568	Colleen Hage	Macleay Bowling Club	1 McLachlan Street		NSW	Mid North Coast (NSW)
2464	Yamba	0409 627 568	Colleen Hage	Yamba Bowling Club	44 Wooli Street		NSW	Northern Rivers
2466	Iluka	0409 627 568	Colleen Hage	Library - Macleay Hospital	Duke Street		NSW	Northern Rivers



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2478	Lennox Head	02 6687 7468	Chad Hamblin	Fitness matters	17-19 Byron St		NSW	Northern Rivers
2500	Gwynneville	0408 627 893	Michele Leeder-Smith	Beaton Park Centre	Foleys Road	Multiple sclerosis	NSW	Illawarra
2502	Cringila	02 4296 4728	Yvette Dale	Cringila co-operative			NSW	Illawarra
2506	Berkeley	02 4296 4728	Yvette Dale	Berkeley Senior Citizens Centre	Winnema Way		NSW	Illawarra
2517	Woonona	0408 627 893	Michele Leeder-Smith	Fernwood Woonona	335 Princes Highway	Multiple sclerosis	NSW	Illawarra
2518	Corrimal	02 4296 4728	Yvette Dale	Corrimal community centre	Short street		NSW	Illawarra
2527	Albion Park	02 4256 0580	Sharni Barton	The Albion Park Community Centre	Russell Street		NSW	Illawarra
2527	Albion Park Rail	02 4296 4728	Yvette Dale	Albion Park Rail Neighbourhood Centre	Ash Ave		NSW	Illawarra



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2528	Warilla	02 4296 7065	Adriana Iannella	Club O2	Shop 49, Warilla Grove Shopping Centre, 43-57 Shellharbour Road		NSW	Illawarra
2529	Shell Cove	02 4296 4728	Yvette Dale	Shellcove Community Centre	Southern Cross Boulavarde		NSW	Illawarra
2529	Shellharbour Village	02 4296 4728	Yvette Dale	Lakeview retirement village	Walloo drive, Blackbutt		NSW	Illawarra
2530	Dapto	02 4256 3351	Janet Hyam	Dapto Uniting Church Hall	5 Marshall Street		NSW	Illawarra
2533	Gerringong	02 4232 1877	Janet Poppett	Gerringong Town Hall	Fern Street	Multiple sclerosis	NSW	Illawarra
2533	Gerringong	02 4232 1877	Janet Poppett	RSL Hall	Fern Street	Multiple sclerosis	NSW	Illawarra
2533	Kiama Downs	02 4232 1877	Janet Poppett	North Kiama Neighbourhood Centre	Meehan Drive	Multiple sclerosis	NSW	Illawarra
2533	Kiama	02 4232 1877	Janet Poppett	Blue Haven Retirement Village	200 Terralong Street	Multiple sclerosis	NSW	Illawarra



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2533	Kiama	02 4232 1877	Reception	Kiama Leisure Centre	Havilah Place		NSW	Illawarra
2533	Kiama	02 4233 1876	Leigh Miranda	Beach Bodz	109 Terralong Street		NSW	Kiama
2535	Shoalhaven Heads	02 4232 1877	Janet Poppett	Shoalhaven Heads Bowling Club	Shoalhaven Heads Road	Multiple sclerosis	NSW	Illawarra
2539	Kioloa	02 4457 3552	Anita Ashby	Kioloa / Bawley Point Community Centre	O Hara Street		NSW	Shoalhaven
2539	Ulladulla	02 4456 1394	Patti Bartlett	Catholic Church Hall	Green Street		NSW	Shoalhaven
2541	Nowra	0427 234 636	Michelle Harris	Shoalhaven Ex Servicemen's Club	Junction Street	Multiple sclerosis	NSW	Shoalhaven
2567	Smeaton Grange	0407 409 098	Deb Roberts	Narellan Plus Fitness Centre	Exchange Parade	Multiple sclerosis	NSW	Macarthur
2580	Goulburn	0413 468 516	Hee-Lian Foreman	Goulburn RSL	Market Street	Multiple sclerosis	NSW	Southern General



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2630	Cooma	02 6453 3400	Karen Evans	Cooma Bowling Club	6 Mawson Street		NSW	Southern General
2650	Wagga Wagga	02 6921 9547	Michael Turner	Fitness After 30	67A Johnston Street		NSW	Riverina
2650	Wagga Wagga	02 6925 0088	Reception	Xceler8 Fitness Centre	20 Chaston Street		NSW	Riverina
2663	Junee	0447 612 385	Jennifer Read	Junee Recreation Centre	151 Lorne Street		NSW	Riverina
2680	Griffith	0404 597 752	Matthew Kenny	Speshil Sports Fitness Studio	4 Kooba Street		NSW	Murrumbidgee
2747	Werrington County	0409 991 907	Deborah Miller	Namatjira Neighbourhood Centre	John Batman Avenue	Multiple sclerosis	NSW	Nepean
2750	Penrith	0409 991 907	Deborah Miller	Penrith Senior Citizens Centre	Station Street	Multiple sclerosis	NSW	Nepean
2750	Penrith South	0409 991 907	Deborah Miller	South Penrith Community Centre	Evan Street	Multiple sclerosis	NSW	Nepean



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2750	Emu Plains	0414 826 838	Karin Pearson	St Pauls Anglican Church	Short Street		NSW	Nepean
2753	Richmond	02 4578 3332	Reception	Active8 Fitness Centre	6 East Market Street		NSW	Hawkesbury-Hills
2754	Richmond	0409 991 907	Deborah Miller	Richmond Seniors Centre "Men Only"	114 March Street	Multiple sclerosis	NSW	Hawkesbury-Hills
2754	Richmond	0409 991 907	Deborah Miller	Hawkesbury Seniors Learning & Leisure Centre	114 March Street	Multiple sclerosis	NSW	Hawkesbury-Hills
2756	Wiseman's Ferry	0409 991 907	Deborah Miller	Wiseman's Ferry Community Centre	Singleton Road	Multiple sclerosis	NSW	Hawkesbury-Hills
2756	Windsor	0419 410 563	Lynette Campbell	Windsor RSL	Cnr Argyle & Mileham Streets		NSW	Hawkesbury-Hills
2759	St Claire	0409 076 173	Pat Sharp	St Clair Community Health Centre (Aged Day Care Centre)	Botany Lane	Multiple sclerosis	NSW	Nepean



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2760	St Marys	0409 991 907	Deborah Miller	St Marys Senior Citizens Centre	Mamre Road	Multiple sclerosis	NSW	Nepean
2760	St Marys	02 9833 3000	Reception	Ripples Leisure Centre	Charles Hackett Drive		NSW	Nepean
2760	Ropes Crossing	0411 030 379	Alma Weber	Rochford Place (land or aqua classes)	1 Avoca Street	Multiple sclerosis	NSW	Wentwest Limited
2765	Riverstone	02 9622 2279	Kellie Varlet	Riverstone Senior Citizens Centre	Park Street	Multiple sclerosis	NSW	Hawkesbury-Hills
2770	Emerton	02 9628 7016	Reception	Emerton Leisure Centre	Jersey Road		NSW	Wentwest Limited
2774	Mt Riverview	0414 826 838	Karin Pearson	Mt Riverview Anglican Church Hall	Rusden Road		NSW	Blue Mountains
2777	Springwood	0414 826 838	Karin Pearson	"The Factory" (Springwood Anglican Ministry Centre)	28 Lawson Road		NSW	Blue Mountains



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2777	Springwood	0414 826 838	Karin Pearson	Springwood Fitness and Aquatic Centre	17 Plateau Road		NSW	Blue Mountains
2777	Springwood	02 4723 5126	Sue	Springwood Fitness & Aquatic Centre	17 Plateau Road		NSW	Blue Mountains
2780	Leura	0439 518 468	Jeanette Treloar	St Bonaventure Church Hall	Railway Parade	Multiple sclerosis	NSW	Blue Mountains
2780	Katoomba	0439 518 468	Jeanette Treloar	RSL Katoomba	Lurline Street and Corner Merriwa Street	Multiple sclerosis	NSW	Blue Mountains
2780	Katoomba	02 4780 5150	Reception	Katoomba Sports & Aquatic Centre	Farnells Road		NSW	Blue Mountains
2800	Orange	02 6362 4215	Caroline Pitney	Integra Health Club	17 Ralston Drive		NSW	NSW Central West
2800	Orange	02 6362 9464	Simon Livingstone	Orange Central Fitness	Level 1, 150 Summer Street		NSW	NSW Central West
2843	Coolah	02 6375 1560	Johann Nielsen	Coolah Hospital	Martin Street	Multiple sclerosis	NSW	Dubbo/Plains



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2844	Dunedoo	02 6375 1560	Johann Nielsen	Dunedoo Hospital	Digilah Street	Multiple sclerosis	NSW	Dubbo/Plains



QUEENSLAND

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4006	Bowen Hills	07 3852 3974	Nuno Rocha	YMCA (Perry Park)	95 Abbotsford Road		GP Partners	
4011	Clayfield	0411 152 693	Janette Dwyer	St Columban's Anglican Church	Victoria Street		GP Partners	
4012	Nundah	0431 223 190	Ann Lear	Golden Years Seniors Hall	15 Jenner Street		GP Partners	
4017	Sandgate	0411 152 693	Janette Dwyer	Sandgate Police and Citizens Youth Club	106 Kempster Street		GP Partners	
4017	Sandgate	0411 152 693	Janette Dwyer	Sandgate Men's Shed	58 Rainbow Street		GP Partners	
4018	Taigum	0411 152 693	Janette Dwyer	Suncrest Gardens	188 Church Road		GP Partners	
4019	Margate	1300 881 536	Kirstin White	Merendi Health & Wellness	249 Oxley Avenue		Moreton Bay	
4020	Redcliffe	07 3880 3729	Kerry Sharp	Redcliffe Leagues Club	Klingner Road		Moreton Bay	
4034	Aspley	0431 223 190	Ann Lear	Aspley Uniting Church Hall	748 Robinson Road		GP Partners	
4036	Bald Hills	07 3261 1249	Reception	Green Apple Wellness Centre	21 Bald Hills Road		GP Partners	
4068	Indoorapilly	07 3371 1711	Christine Lenz	St Andrews Church Hall (cnr with Fairley Str)	Lambert Street		GP Partners	
4115	Berrinba	0439 769 552	Melissa Rue	Fit I Am	4/56 Kellar Street		South East Primary Healthcare	



Post code	Town / Suburb	Contact phone	Contact name	Venue	Address	Other Heartmoves accreditation	DGP	AHS
4118	Berrinba	(07) 3803 1006	Amy Fifita	Fit I Am	4/56 Kellar Street		South East Primary Healthcare	
4152	Carina	0431 223 190	Ann Lear	Clem Jones Centre	56 Zahel Street		GP Partners	
4158	Thorneside	0414 636 845	Beverley Faulks	Thorneside Community Hall	Ivy Road Moorundu Road corner		South East Alliance	
4165	Victoria Point	0425 238 140	Maria Lawes	Renaissance Retirement Village (residents only)	36 Bunker Road		South East Alliance	
4179	Lota	0414 636 845	Beverley Faulks	Bayside PCYC	Alexander Street		South East Alliance	
4184	Macleay Island	0400 463 443	Kathleen Schell	Macleay Island Community Centre	Cnr Southsea Tce & High Central Rd Macleay Island		South East Alliance	
4184	Russell Island	617-3409-2331	Roman Kuroczycki	Russell Island Recreation Hall	1 Alison Crescent		South East Alliance	
4212	Helensvale	0411 875 116	Sharon Edwards	Healthy Inspirations Helensvale Shop 33, Helensvale Plaza	12 Sir John Overall Drive		General practice Gold Coast	
4226	Robina	07 5595 4100	Reception	Bond University Sport and Recreation Centre	University Dr		General practice Gold Coast	



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Post code	Town / Suburb	Contact phone	Contact name	Venue	Address	Other Heartmoves accreditation	DGP	AHS
4350	Toowoomba	0448 612 198	Trudy Scott	Willow's Gym	55-57 Kitchener Street		GP Connections	
4352	Highfields	07 4615 5270	Janifer Harland	Shapes Women's Health and Fitness	Shop 8&9 Central Plaza Plaza Circle		GP Connections	
4370	Warwick	07 4661 7955	Brendan Iles	Warwick Indoor Recreation and Aquatic Centre	29 Palmerin Street		Rhealth	
4380	Stanthorpe	07 4681 2411	Reception	Stanthorpe YMCA	16 Talc Street		Rhealth	
4401	Oakey	07 4691 4823	Ann Klibbe	Oakey Community Health Centre	Beale Street		GP Connections	
4500	Brendale	1300 881 536	Carly Ryan	Merendi Health & Wellness	4/255 Leitchs Road		GP Partners	
4507	Bellara, Bribie Island	1300 881 536	Carly Ryan	Fitness Matters (behind Retravision)	25 Benabrow Avenue		Moreton Bay	
4510	Caboolture	1300 881 536	Kirstin White	Merendi Health & Wellness	Suite 1/17 Hasking Street		Moreton Bay	
4520	Samford	07 3289 2001	Reception	My Gym Fitness	26 Main Street		GP Partners	
4655	Hervey Bay	07 4120 6253	Reception	Health Zone Fitness Centre - Wide Bay Institute of TAFE	Urraween Road		GP Links Wide Bay	
4677	Miriam Vale	07 4902 1100	Megan Rodi	Miriam Vale Community Centre	Blomfield Street		GP Links Wide Bay	



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4677	Agnes Water	07 4902 1100	Megan Rodi	Agnes Water Community Centre	Springs Road		GP Links Wide Bay	
4680	Gladstone	07 4972 3244	Reception	Gladstone Physio and Fitness Centre	96 Glenlyon Street		Capricornia	
4740	Mackay	07 4957 5178	Barbra Whitfield	Senior Citizens Hall	Macalister Street	Multiple sclerosis	Mackay	
4740	Mackay	07 4957 5178	Barbra Whitfield	Pat Wright Indoor Swim Centre	Lawson Street	Multiple sclerosis	Mackay	
4802	Cannonvale	07 4948 3373	Wendy Whibley	Airlie Fitness	1/3C, 14 Paluma Road		Mackay	
4814	Annandale	07 4775 3926	Lissa Evans	Annandale Community Centre, Centro Shopping Centre	Macarthur Drive		Townsville	
4814	Heatley	07 4775 3926	Lissa Evans	Heatley Community Centre	Fulham Road		Townsville	
4814	Aitkenvale	07 4775 3926	Lissa Evans	Townsville PCYC Aitkenvale	Townsville PCYC Wellington Street		Townsville	
4870	Edge Hill	0400 111 766	Steven Van Ballegooyen	Progress Association Hall	406 Mayers Street		Far North Queensland	



South Australia

Post Code	Town/Suburb	Contact Phone	Contact Name	Venue	Address	Other Heartmoves Accreditation	DGP	AHS
5061	Hyde Park	08 7002 9696	Jessica Northcott	Rehabit	278 Unley Road		GP Partners Adelaide	
5067	Rose Park	0450 196 517	Milton Mackay	Fit in2Life	50 Grant Avenue		GP Partners Adelaide	
5074	Campbelltown	08 7002 9696	Jessica Northcott	Rehabit	592 Lower North East Road		GP Partners Adelaide 50% Adelaide North East 50%	
5089	Highbury	08 8397 7433	Reception	Turramurra Recreation Centre	1000 Lower North East Road		Adelaide North East	
5113	Elizabeth Park	08 8287 5521	Katrina Barrett	Anglicare Therapy Services (Shop 19)	110 Yorktown Road		Adelaide Northern	
5251	Mount Barker	08 8398 3574	Sue Munro	Uniting Church Hall	13 Mann Street		Adelaide Hills	
5290	Mount Gambier	08 8723 2460	Raelene Golebiowski	Tonic health	Keegan Street		Limestone Coast	
5352	Tanunda	08 8563 0410	Natalie Schilling	Acacia Health & Physiotherapy	Tabor Hall, Cnr Bushman and Edward Streets		Barossa	



TASMANIA

Post Code	Town/Suburb	Contact Phone	Contact Name	Venue	Address	Other Heartmoves Accreditation	DGP	AHS
7000	North Hobart	03 6234 5969	Amanda Coombe	Personal Best Fitness	67 Letitia Street		General Practice South	
7000	Sandy Bay	03 6249 7057	Paul Hamilton	Wrest Point Casino - Show Room	410 Sandy Bay Road		GP South	
7000	West Hobart	03 6249 7057	Paul Hamilton	Lawrenny Court	131 Hill Street		GP South	
7004	South Hobart	0427 627 887	Matthew Lamb	Vaucluse Gardens	14 Gore Street	Multiple sclerosis	General practice South	
7009	West Moonah	03 6249 7057	Paul Hamilton	West Moonah Community House	130 Springfield Avenue		General Practice South	
7009	Moonah	03 6249 7057	Paul Hamilton	Moonah Sports Centre	17 Gormanston Road		General Practice South	
7010	Goodwood	03 6249 7057	Paul Hamilton	Goodwood Community Centre	Acton Crescent		General Practice South	
7010	Glenorchy	03 6249 7057	Paul Hamilton	Glenorchy Golden Years Club	314 Main Road		General Practice South	
7011	Chigwell	03 6249 7057	Paul Hamilton	Bucaan Community House	8 Bucaan Street		General Practice South	



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7016	Risdon Vale	03 6233 4879	Penny Dyer	Risdon Vale Neighbourhood Centre	28 Sugarloaf Road		General Practice South	
7112	Cygnets		Tania Wilton	SETAC - Wellbeing Centre	7393 Channel Highway		General practice South	
7150	Barnes Bay	03 6260 6263	Jeanette Ritter	CWA Hall	Main Road		General Practice South	
7150	Adventure Bay	03 6260 6263	Jeanette Ritter	Adventure Bay Hall	Adventure Bay Road		General Practice South	
7162	Woodbridge	03 6260 6263	Jeanette Ritter	West Winds Community Centre	3528 Channel Hwy		General Practice South	
7249	Kings Meadows	03 6331 0882	Ron Nicholson	Kings Meadows Community Health Centre	22 McHugh Street		General Practice North	



VICTORIA

Post Code	Town/Suburb	Contact Phone	Contact Name	Venue	Address	Other Heartmoves Accreditation	DGP	AHS
3107	Lower Templestowe	03 9850 8181	Maria Muccillo	Bulleen and Templestowe Senior Citizens Centre	293 Manningham Road	Multiple sclerosis	Melbourne East	
3122	Hawthorn	03 9815 0155	Kirsty Mackwell	The Elgin Street Centre	93 Elgin Street		Melbourne East	
3130	Blackburn	03 9850 8181	Maria Muccillo	MS Australia - The Nerve Centre (MS Suitable)	54 Railway Road	Multiple sclerosis	Melbourne East	
3143	Armadale	03 90788702	Nathan Givoni	Armadale Uniting Church	86a Kooyong Rd		Southcity	
3162	Caulfield South	03 90788702	Nathan Givoni	4th Caulfield Scouts	1a Birch St		Southcity	
3192	Cheltenham	03 017 5266	Jessica Harrison	DNA Health & Fitness Pty Ltd	13/148 Chesterville Rd		Bayside	
3198	Seaford	0419 154 603	Paula de Graaf	Living Now Health and Fitness	Studio 7, 42 Hartnett Drive	Multiple sclerosis	Peninsula	
3204	Bentleigh	03 90788702	Nathan Givoni	Victory Park Scout Hall	21a Patterson Rd		Monash	
3450	Castlemaine	03 5479 1000	Karen Smith	Castlemaine District Community Health	13 Mostyn St		Central Victoria	
3629	Mooroopna	03 5825 1774	Reception	Mooroopna Education & Activity Centre	23 Alexandra Street		Goulburn Valley	
3757	Whittlesea	03 9716 0027	Kerrie Amenta	Whittlesea Fitness Centre	2/68 Church Street	Multiple sclerosis	Northern	



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3810	Pakenham	03 59452888	Tina Moonen	Cardinia Life YMCA	4 Olympic Way		Eastern Ranges	



WESTERN AUSTRALIA

Post Code	Town/Suburb	Contact Phone	Contact Name	Venue	Address	Other Heartmoves Accreditation	DGP	AHS
6007	Leederville	08 9445 7971	Mark Dawson	Loftus Community Centre	99 Loftus Street		Perth Primary Health Care	
6008	Shenton Park	08 9382 8177	Reception	Daly Difference Health Club (Inside Revolution Sports)	37 Lemnos Street		Perth PrimaryCare	
6008	Shenton Park	08 9382 9383	Reception	Milroy and Crawford Lodge guests only	15 Bedbrook Place		Perth PrimaryCare	
6010	Claremont	08 9335 1928	Rosemary Allan	St Louis Estate	10 Albert Street		Perth PrimaryCare	
6019	Scarborough	0402 243 504	Renate van Dordrecht	Scarborough Recreation Centre	173 Gildercliffe Street		Osborne GP	
6023	Duncraig	0417 866 600	Sandy Duxbury	St Nicolas Anglican Church	5 Poynter Drive		Osborne GP	
6024	Warwick	0402 243 504	Renate van Dordrecht	Warwick Leisure Centre	Corner Warwick and Wanneroo Roads		Osborne GP	
6027	Joondalup	08 9300 7171	Reception	Arena Joondalup	Kennedya Drive		Osborne GP	
6030	Quinns Rocks	0428 720 005	Rachael Steen	Gumblossom Community Centre	Tapping Way		Osborne DGP	
6054	Bassendean	08 9279 7411	Reception	The Meeting Room, Bassendean Memorial Library	46 Old Perth Road		Perth Primary Care Network	



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6056	Baskerville	0428 720 005	Rachael Steen	Baskerville Memorial Hall	129 Memorial Avenue		Perth Primary Care Network	
6064	Girrawheen	08 9405 5426	Reception	Hainsworth Centre, City of Wanneroo referred participants only	29 Hainsworth Avenue		Perth PrimaryCare	
6065	Wanneroo	08 9448 5224	Dominic Yam	Wanneroo Community Centre	23 Civic Drive		Osborne GP	
6084	Bullsbrook	0428 720 005	Rachael Steen	The Pavilion / Picket Park	1 Maroubra Avenue		Perth PrimaryCare	
6101	Carlisle	08 9470 1155	Reception	Harold Hawthorne Centre	2 Memorial Avenue		Canning	
6104	Redcliffe	08 9445 7971	Mark Dawson	Redcliffe Park Community Centre	Field Avenue		Perth Primary Health Care	
6108	Thornlie	08 9251 8700	Pauline Hodgson	City of Gosnells Leisure World	Cnr Culross Ave and Thornlie Avenue		Canning	
6110	Gosnells	0401 884 658	Alison Pano	Anglican Church of Australia Hall	34 Dorothy Street		Canning	
6110	Gosnells	08 9251 8700	Pauline Hodgson	Addie Mills Centre	2 Astley Street		Canning	
6147	Parkwood	0401 884 658	Alison Pano	Hossack Pavillion	Hossack Avenue		Canning	



Post Code	Town/Suburb	Contact Phone	Contact Name	Venue	Address	Other Heartmoves Accreditation	DGP	AHS
6156	Melville	08 9445 7971	Mark Dawson	Guide Hall	Corner Kitchener Road & Stock Road		Perth Primary Health Care	
6157	Bicton	08 9445 7971	Mark Dawson	Craigview Grove Retirement Village	153 Stock Road		Perth Primary Health Care	
6158	East Fremantle	08 9335 1928	Rosemary Allan	Glyde-In Community Learning Centre	42 Glyde Street		Fremantle GP	
6163	Spearwood	0466 584 467	Christen Pears	City of Cockburn Seniors Centre	9 Coleville Crescent		Fremantle GP	
6164	Jandakot		Reception	Transitions Health and Fitness	Unit 2/234 Berrigan Drive		Fremantle GP	
6168	Rockingham	0409 003 057	Susan Hoddinott	Contours Rockingham (Males welcome in Heartmoves sessions)	Unit 10/9 Kent Street		Rockingham Kwinana	
6168	Rockingham	0404 033 073	Yasmin Rasool	Rockingham Autumn Centre	Cnr Mc Nicholl and Chalgrove Streets		Rockingham Kwinana	
6169	Warnbro	08 9593 9999	Reception	YMCA Aqua Jetty	87 Warnbro Sound Avenue		Rockingham Kwinana	
6210	Mandurah	08 9586 2324	Patrick John Kilcoyne	Ac-cent Mandurah	41 Ormsby Terrace		GP Down South	
6230	Bunbury	08 9795 2237	Reception	South West Sports Centre (Hay Park)	1 Rotary Drive		Greater Bunbury	
6285	Margaret River	08 9780 5620	Reception	Margaret River Recreation Centre	Wallcliffe Road		GP Down South	



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6324	Mount Barker	08 9851 2122	Reception	Mt Barker Community Recreation Centre	Albany Highway		Great Southern	
6330	Albany	08 9842 2762	Reception	Bodycare Health Club	70 Lion Street		Great Southern	
6430	Kalgoorlie	08 9021 6610	Reception	Oasis Leisure Centre	Johnston Street		Goldfields Esperance	
6450	Esperance	08 9021 6610	Reception	Esperance Business Centre Arcade	Suite 1 Dempster Street		Goldfields Esperance	
6450	Esperance	08 9072 0222	Reception	Bay of Isles Leisure Centre	Black Street		Goldfields Esperance	
6525	Port Denison	08 9955 9200	Reception	Irwin Recreation Centre	Lot 580 Ridley Street		Midwest	
6530	Waggrakine	0437 488 147	Kerstin Stassen	Waggrakine Hall	Hackett Road Corner Chapman Valley Road		Midwest	
6714	Karratha	08 9143 2377	Carolyn Berry	Karratha Baptist Church	77 Gawthorne Drive		Pilbara	



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6714	Karratha	08 9143 2377	Carolyn Berry	Pilbara Population Health	Nickol Bay Hospital		Pilbara	
6799	Cocos (Keeling) Islands	08 9162 6619	Tiina Ropponen		House 24 West Island		Fremantle GP	

