



MEDIA RELEASE

NSW HEALTH MINISTER BRAD HAZZARD OFFICIALLY OPENS OVER 50s GYM IN DEE WHY

With a unique business model and service offering tailored specifically for over 50s, Club Active is bucking the trend. Founded by exercise physiologist Jonathan Freeman in Tweed Heads (NSW) in 2017 with the aim of helping the ageing population change the way they age, Club Active is Australia's only gym designed to welcome boomers, grandparents, and retirees into a safe, supportive and life-changing environment.

The club currently has seven locations across Queensland and NSW and has just landed in Dee Why, promising a fun and non-intimidating fitness and health environment dedicated to Over 50s only.

As part of the launch, NSW Health Minister Brad Hazzard will officially open the gym on Friday ahead of the grand opening on Saturday 6th August from 9am -1 pm! During the event, guests will be able to tour the state-of-the-art facility, try the signature Fifty 50 classes, chat with the allied health team and get free body scans. Foundation memberships will be available for the first 50 members to sign up and local businesses will be supplying further giveaways, including a FREE gift bag for everyone that attends the event.

“Club Active is purpose-built to meet the needs of aging Australians, offering a fusion of fitness and wellness services, medical grade gym equipment and university-trained exercise physiologists,” said Jonathan Freeman. “Only around one in 10 Australians over the age of 50 do enough exercise to gain any cardiovascular benefit, while physical inactivity is the leading cause of death.” “We work closely with GPs and other medical professionals to develop chronic disease management plans and exercise prescriptions tailored to individual needs, many of which are covered by health rebates.”

In addition to fitness and wellness activities, Club Active hosts events to bring baby boomers together. All Clubs provide free monthly workshops to educate the community about chronic conditions and exercise and a variety of fundraising events! “The goal is for Club Active to become the world’s largest active over 50s community,” he said. “We’ll do this by improving people’s physical, mental and social well-being, by offering a welcoming, supportive and fun environment where people can exercise safely and at their own pace, while connecting with a community of like-minded individuals.”

ABOUT CLUB ACTIVE

With a vision to become the world's largest active over 50s community, Club Active is reinventing retirement by offering a fusion of fitness and wellness services to improve members' health and slow the ageing process! With highly qualified staff on hand at all times, members benefit from the expert advice of accredited exercise physiologists and university-trained dietitians, physiotherapists, psychologists and massage therapists. Club Active offers a welcoming, supportive and fun environment where people can exercise safely and at their own pace, while connecting with a community of like-minded individuals. For more information visit www.clubactive.com.au

Ribbon cutting ceremony with Brad Hazzard:

Friday, 05th August at 1:30 PM

4/645-647 Pittwater Rd, Dee Why NSW 2099

To organise an interview or photo opportunity please contact:

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