



Exercise Classes - Aldinga

Life Care Active offers a range of health and fitness services at Aldinga to promote flexibility, strength and overall good health. To join in, or for more information please call to discuss your options with a member of the team on 8168 7600.

Class Type and Descriptor	Intensity Level	Focus of the Class
MS Exercise: A specialised exercise group for clients with Multiple Sclerosis, led by a Personal Trainer and designed to work towards a client's individual goals.	Low - Medium	Multiple Sclerosis disease management
Parkinson's Exercise: A group exercise class for clients with Parkinson's disease focusing on the key areas affected by the disease process. Led by a Personal Trainer.	Low - Medium	Parkinson's disease management
Strength and Balance: A group exercise class for clients looking to maintain their independence at home. A strong focus on falls prevention, functional strength for activities of daily living, and improving confidence for everyday living. Led by a Personal Trainer.	Low - Medium	Falls prevention, maintaining independence
Strength for Life: Personal trainer supervised group in the gym with individualised programs combining cardio with strength, flexibility, balance and agility.	Individualised	Cardio, strength, balance, agility

Weekly Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			10.45 - 11.30 Strength for Life	
			11.45 - 12.30 MS Exercise	
			12.45 - 1.30 Strength for Life	

Note: All participants must be assessed by a Life Care Physiotherapist and have a medical clearance for exercise prior to commencing classes.