



# Exercise Classes - Reynella

Life Care Active offers a range of health and fitness services at Reynella 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
<b>MS Exercise:</b> 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
<b>Parkinson's Exercise:</b> 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
<b>Strength and Balance:</b> 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
<b>Strength for Life:</b> Personal trainer supervised group in the gym with individualised programs combining cardio with strength, flexibility, balance and agility.	Individualised	Cardio, strength, balance, agility
<b>Wellness Exercise Group:</b> Group exercise class led by a Personal Trainer, designed to complement the cognitive fitness class.	Low - medium	General strength and balance and fitness activities
<b>Drumball:</b> This class gets the heart rate up and challenges coordination by drumming on a fitball! Great way to have fun, make some noise and use gentle movements to music.	Medium	Cardio, coordination, flexibility and fun!

## Weekly Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.00 - 9.45 Strength for Life	9.15 - 9.45 Wellness			9.00 - 9.45 Strength for Life
10.00 - 11.00 Parkinson's Exercise	10.30 - 11.15 Drumball			10.00 - 10.45 Strength & Balance
11.15 - 12.00 MS Exercise	11.30 - 12.15 Strength & Balance			11.00 - 11.45 MS Exercise
	1.00 - 1.30 Wellness			12.00 - 12.45 Parkinson's Exercise

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