

Class timetable

Timetable current as at July 2021 – subject to change



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| Life Fit (Cez), GYM 7:30 – 8:15 am | Life Fit (Cez), GYM 7:30 – 8:15 am | Life Fit (Cez), GYM 7:30 – 8:15 am | Life Fit (Cez), GYM 7:30 – 8:15 am | Life Fit (Cez), GYM 7:30 – 8:15 am |
| Allied Health Gym (Jordan), GYM 08:30- 09:15 | Beat Fit (Cez), WS 08:30- 09:15 | Allied Health Gym (Kristie), GYM 08:30- 09:15 | Allied Health Gym (Lisa), GYM 08:30- 09:15 | Allied Health Gym (Lisa), GYM 08:30- 09:15 |
| Clinical Mat Work (Kristie), WS 8:45 – 9:30 am | Allied Health Gym (Kristie), GYM 08:30 – 9:15 am | Active Moves (Cez), S2 08:30 - 09:15 | Active Moves (Cez) 09:30 – 10:15 am | Beat Fit (Cez), WS 8:30 – 9:15 am |
| Fit and Functional (Cez), GYM 9:30 – 10:15 am | Small Group PT (Cez), Gym 9:30 – 10:15 am | Clinical Mat Work (Jordan), WS 8:45 – 9:30am | Clinical Equipment (Jordan), S1 10:00 – 10:45am | Clinical Mat Work (Kristie), WS 9:45 – 10:30 am |
| Clinical Equipment (Jordan), S1 10:00 - 10:45 | Clinical Equipment (Kristie), S1 10:00 – 10:45am | Small Group PT (Cez), GYM 9:30 – 10:15 am | Parkinson's Exercise (Lisa), GYM 10:15 – 11:00am | Fit and Functional (Cez), GYM 9:30 – 10:15 am |
| MS Exercise (Lisa), S2 10:30 – 11:30am | Clinical Mat Work (Lisa), WS 10:15 – 11:00 am | MS Exercise (Lisa), S2 9.45 – 10.45am | Small Group PT (Cez), GYM 11:00 – 11:45 am | Life Fit (Cez), GYM 10:30 – 11:15 am |
| Life Fit (Cez), GYM 10:30 – 11:15 am | Osteoporosis Bone Building (Cez), GYM 10:30 – 11:15 am | Life Fit (Cez), GYM 10:30 – 11:15 am | Strength & Balance L1 (Kristie), S2 11:30 am – 12:15 pm | Allied Health Gym (Jordan), GYM 11:30 am – 12:15 pm |
| Casual Gym Times 11:15 - 1:30 pm | Clinical Exercise (Lisa), GYM 11:30 am – 12:30 pm | Strength and Balance L1 (Kristie), S2 11:00 – 11:45am | Casual Gym Times 11:45 - 1:00 pm | Life Fit (Cez), GYM 1:00 - 1:45 |
| Strength & Balance L1 (Kristie), S2 11:45 am – 12:30 pm | Strength & Balance L1 (Jordan), S2 12:00 – 12:45 pm | Clinical Exercise (Lisa), GYM 11:30 - 12:30 | Clinical Mat Work (Lisa), WS 11:30 am – 12:15 pm | Strength and Balance L1 (Lisa), S2 1:00 – 1:45 pm |
| Beat Fit (Cez), WS 12:30 – 1:15 | Life Fit (Cez), GYM 1:00 – 1:45 pm | Parkinson's (Lisa), GYM 1:00 – 1:45 pm | Active Moves (Cez), GYM 1:00 – 1:45 pm | Clinical Equipment (Kristie), WS 1:15 – 2:00pm |
| Parkinson's (Lisa), GYM 1:30 – 2:15pm | Fit and Functional (Cez), GYM 2:00 – 2:45 pm | Clinical Equipment (Jordan), S1 1:45 – 2:30pm | Fit and Functional (Cez), GYM 2:00 – 2:45 pm | Clinical Exercise (Lisa), GYM 2:00 – 3:00 pm |
| Strength & Balance PT Led (Cez), S2 2:15 – 3:00 pm | Clinical Mat Work (Jordan), WS 2:00 – 2:45pm | Casual Gym Times 1:45 - 4:30 | Life Fit (Cez), GYM 3:00 – 3:45 pm | Casual Gym Times 3:00 - 4:30 |
| Clinical Mat Work (Jordan), WS 2:00 – 2:45pm | Small Group PT (Cez), Gym 3:00 – 3:45 pm | Hydrotherapy – The Arc 2:00 – 2:45pm | Casual Gym Times 3:45 - 4:30 | Hydrotherapy – State Swim 1:15 – 2:00pm |
| Clinical Exercise (Lisa), GYM 2:30 – 3:15 pm | Casual Gym Times 3:45 - 4:30 | Hydrotherapy – The Arc 2:45 - 3:30 | | Hydrotherapy – State Swim 2:00 – 2:45pm |
| Casual Gym Times 3:45 - 5:15 | | | | Hydrotherapy –State Swim 2:30 – 3:15pm |

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WS Wellness Studio

S1 Studio 1

S2 Studio 2

GYM GYM

Class Descriptors:

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|-------------------------------------|------------------------------------|--|---|
| Allied Health Gym - | Intensity – Individualised | Focus – Rehabilitation | Clients have their own programs designed by a Physiotherapist or Exercise Physiologist, which are completed under their expert guidance. Great for people who want to manage/rehabilitate injuries under supervision using gym equipment to obtain maximal rate of improvement. |
| Clinical Equipment - | Intensity – Individualised | Focus – Uses Pilates principles to gain core stability, flexibility, strength and manage pain | Pilates based program individually tailored using recognised Pilates equipment, under the supervision and guidance of a Physiotherapist to manage injuries. Spring loaded resistance equipment encourages a gentler form of resistance exercise. |
| Clinical Exercise - | Intensity – Individualised | Focus – Chronic Disease Management with strength and cardio components | Individual exercise program supervised by an Exercise Physiologist for clients who require additional monitoring due to medical conditions, such as heart disease, diabetes, cancer or neurological conditions. |
| Clinical Mat Work - | Intensity – Low - Moderate | Focus – Pilates principles to gain flexibility, core stability and manage pain | A group exercise session based around ‘Pilates principles’ led by a Physiotherapist or Exercise Physiologist. Exercise is completed in standing and on the floor, and includes a whole body focus towards improving your strength and mobility. |
| MS Exercise - | Intensity – Individualised | Focus – Multiple Sclerosis disease management | A specialised exercise group for clients with Multiple Sclerosis. Programs are designed and supervised by an Exercise Physiologist and are designed to work towards a client’s individual goals. Eligible for NDIS funding. |
| Parkinson’s - | Intensity – Individualised | Focus – Parkinson’s disease management | A group exercise class for clients with Parkinson’s disease focusing on the key areas affected by the disease process. Led by an Exercise Physiologist. |
| Strength and Balance - | 1: Intensity – Low | Focus – Fall prevention, maintaining independence | 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 Physiotherapist or Exercise Physiologist. |
| | 2: Intensity – Low - Medium | Focus – Fall prevention, maintaining independence | A higher level balance class led by the Personal Trainer. |
| Active Moves - | Intensity – Low to Moderate | Focus – Balance, functional strength | Personal trainer led gym class with a focus on progressing gains in balance and functional strength, often after graduating from Strength and Balance class.. |
| Fit and Functional - | Intensity –Moderate | Focus – Progressing balance, agility, functional strength | Personal trainer led class in the gym with a particular focus on progressing gains in balance and functional strength and agility, often as a progression from the Active Moves Class. |
| Life Fit - | Intensity – Individualised | Focus – Cardio, strength, balance, agility | Personal trainer led class in the gym with individualised programs combining cardio with strength, flexibility, balance and agility. |
| Beat Fit – | Intensity – Moderate | Focus – Cardio, strength and balance | Personal trainer led class focussing on cardio, strength and functional balance all to the beat of the music! |
| Osteoporosis Bone Building – | Intensity – Moderate | Focus – Bone building activity | Weight bearing aerobic activities, strength training, flexibility and stability exercises to build bone strength and reduce the risk of fracture. |