

Class timetable

Timetable current as at November 2021 – subject to change



Monday	Tuesday	Wednesday	Thursday	Friday
Life Fit (Gabby), GYM 7:30 – 8:15 am	Life Fit (Cez), GYM 7:30 – 8:15 am	Life Fit (Gabby), GYM 7:30 – 8:15 am	Life Fit (Cez), GYM 7:30 – 8:15 am	Life Fit (Gabby), 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 (Jetal), 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 (Jetal), WS 8:45 – 9:30 am	Allied Health Gym (Kristie), GYM 08:30 – 9:15 am	Active Moves (Gabby), S2 08:30 - 09:15	Active Moves (Cez) 09:30 – 10:15 am	Beat Fit (Gabby), WS 8:30 – 9:15 am
Fit and Functional (Gabby), 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 (Jetal), 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 (Gabby), GYM 9:30 – 10:15 am	Parkinson's Exercise (Lisa), GYM 10:15 – 11:00am	Fit and Functional (Gabby), 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 (Gabby), GYM 10:30 – 11:15 am
Life Fit (Gabby), GYM 10:30 – 11:15 am	Osteoporosis Bone Building (Cez), GYM 10:30 – 11:15 am	Life Fit (Gabby), 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
Wellbeing Program (Rose), WS 10.30am-12pm	Clinical Exercise (Lisa), GYM 11:30 am – 12:30 pm	Strength & Balance L1 (Jetal), S2 11.00-11.45am	Casual Gym Times 11:45 - 1:00 pm	Life Fit (Gabby), GYM 1:00 - 1:45
Casual Gym Times 11:15 - 1:30 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
Strength & Balance L1 (Jetal), S2 11:45 am – 12:30 pm	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 (Jetal), S1 1:15 – 2:00pm
Beat Fit (Gabby), WS 12:30 – 1:15	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
Parkinson's (Lisa), GYM 1:30 – 2:15pm	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
Strength & Balance PT Led (Gabby), S2 2:15 – 3:00 pm	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 Mat Work (Jordan), WS 2:00 – 2:45pm	Casual Gym Times 3:45 - 4:30	Hydrotherapy – The Arc 2:45 - 3:30		Hydrotherapy – State Swim 2:00 – 2:45pm
Clinical Exercise (Lisa), GYM 2:30 – 3:15 pm				Hydrotherapy –State Swim 2:30 – 3:15pm
Casual Gym Times 3:45 - 5:15				

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- WS Wellness Studio
- S1 Studio 1
- S2 Studio 2
- GYM GYM

Class Descriptors:

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.