

## Class timetable

Timetable current as at January 2023 – 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	Clinical Mat Work (Jordan), WS 8:45 – 9:30am	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	Small Group PT (Gabby), GYM 9:30 – 10:15 am	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	NeuroMoves (Lisa), S2 9.45 – 10.45am	Parkinson's Exercise (Lisa), GYM 10:30 – 11:15am	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	Life Fit (Gabby), GYM 10:30 – 11:15 am	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	Clinical Exercise (Lisa), GYM 11:30 am – 12:30 pm	Clinical Mat Work for Men (Simon), WS 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	Strength & Balance L1 (Jordan), S2 12:00 – 12:45 pm	Strength & Balance L1 (Jetal), S2 11.00-11.45am	Casual Gym Times 11:45 - 1:00 pm	Small Group PT (Gabby), GYM 1:00 – 1:45 am
Casual Gym Times 11:15 - 1:30 pm	Life Fit (Cez), GYM 1:00 – 1:45 pm	Clinical Exercise (Lisa), GYM 11:30 - 12:30	Clinical Mat Work (Lisa), WS 11:30 am – 12:15 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	Active Moves (Cez), GYM 1:00 – 1:45 pm	Clinical Exercise (Lisa), GYM 2:00 – 3:00 pm
Clinical Equipment (Jetal), S1 1:15 - 2:00 pm	Clinical Mat Work (Jordan), WS 2:00 – 2:45pm	Casual Gym Times 1:45 - 4:30	Fit and Functional (Cez), GYM 2:00 – 2:45 pm	Casual Gym Times 3:00 - 4:30
Parkinson's (Lisa), GYM 1:30 – 2:15pm	Small Group PT (Cez), Gym 3:00 – 3:45 pm	Hydrotherapy – The Arc 2:00 – 2:45pm	Life Fit (Cez), GYM 3:00 – 3:45 pm	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	Casual Gym Times 3:45 - 4:30	Hydrotherapy – State Swim 1:45 – 2:30pm
Clinical Exercise (Lisa), GYM 2:30 – 3:30 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

GYF GYM

## Class Descriptors:

<b>Active Moves -</b>	<b>Intensity – Low to Moderate</b>	<b>Focus – Balance, functional strength</b>
	Personal trainer led gym class with a focus on progressing gains in balance and functional strength, often after graduating from Strength and Balance class.	
<b>Allied Health Gym -</b>	<b>Intensity – Individualised</b>	<b>Focus – Rehabilitation</b>
	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.	
<b>Beat Fit –</b>	<b>Intensity – Moderate</b>	<b>Focus – Cardio, strength and balance</b>
	Personal trainer led class focussing on cardio, strength and functional balance all to the beat of the music!	
<b>Clinical Equipment -</b>	<b>Intensity – Individualised</b>	<b>Focus – Uses Pilates principles to gain core stability, flexibility, strength and manage pain</b>
	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.	
<b>Clinical Exercise -</b>	<b>Intensity – Individualised</b>	<b>Focus – Chronic Disease Management with strength and cardio components</b>
	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.	
<b>Clinical Mat Work -</b>	<b>Intensity – Low - Moderate</b>	<b>Focus – Pilates principles to gain flexibility, core stability and manage pain</b>
	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.	
<b>Fit and Functional -</b>	<b>Intensity –Moderate</b>	<b>Focus – Progressing balance, agility, functional strength</b>
	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.	
<b>Hydrotherapy -</b>	<b>Intensity – Individualised</b>	<b>Focus – Cardio, strength, balance, rehabilitation</b>
	Therapist led class in a heated pool with individualised programs to manage/rehabilitate injuries and chronic conditions.	
<b>Life Fit -</b>	<b>Intensity – Individualised</b>	<b>Focus – Cardio, strength, balance, agility</b>
	Personal trainer led class in the gym with individualised programs combining cardio with strength, flexibility, balance and agility.	
<b>MS Exercise -</b>	<b>Intensity – Individualised</b>	<b>Focus – Multiple Sclerosis disease management</b>
	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.	
<b>NeuroMoves -</b>	<b>Intensity – Individualised</b>	<b>Focus - Neurological condition management</b>
	A group exercise class for clients with neurological conditions, focusing on the key areas affected by the disease process. Led by an Exercise Physiologist.	
<b>Parkinson's -</b>	<b>Intensity – Individualised</b>	<b>Focus – Parkinson's disease management</b>
	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.	
<b>Strength and Balance -</b>	<b>1: Intensity – Low</b>	<b>Focus – Fall prevention, maintaining independence</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 Physiotherapist or Exercise Physiologist.	
	<b>2: Intensity – Low - Medium</b>	<b>Focus – Fall prevention, maintaining independence</b>
	A higher level balance class led by the Personal Trainer.	
<b>Wellbeing Programs -</b>	Cognitive program for those affected by memory loss, led by an Occupational Therapist, aimed at improving cognitive skills as well as promote fun and socialisation.	