

Class Timetable current from October 2023 - subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
Life Fit (Gabby), GYM 7:30 – 8:15 am	Life Fit (Melinda), GYM 7:30 – 8:15 am	Life Fit (Gabby), GYM 7:30 – 8:15 am	Life Fit (Melinda), GYM 7:30 – 8:15 am	Life Fit (Michelle), GYM 7:30 – 8:15 am
Allied Health Gym (Physio), GYM 08:30- 09:15	Beat Fit (Melinda), 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 (Physio), GYM 08:30 – 9:15 am	Clinical Mat Work (Simon), WS 8:45 – 9:30am	Active Moves (Melinda) 09:30 – 10:15 am	Beat Fit (Michelle), WS 8:30 – 9:15 am
Fit and Functional (Gabby), GYM 9:30 – 10:15 am	Small Group PT (Melinda), Gym 9:30 – 10:15 am	Clinical Equipment (Physio), S1 8:45-9:30am	Clinical Equipment (Physio), S1 10:00 – 10:45am	Clinical Mat Work (Jetal), WS 9:45 – 10:30 am
Small Group Ex Physiology (Simon), S2 09:30 - 10:15	Clinical Equipment (Physio), S1 10:00 – 10:45am	Small Group PT (Gabby), GYM 9:30 – 10:15 am	Parkinson's Exercise (Lisa), GYM 10:30 – 11:15am	Fit and Functional (Michelle), GYM 9:30 – 10:15 am
Clinical Equipment (Physio), S1 10:00 - 10:45	Clinical Mat Work (Lisa), WS 10:15 – 11:00 am	NeuroMoves (Lisa), S2 9.45 – 10.45am	Small Group PT (Melinda), GYM 11:15 – 12:00pm	Life Fit (Michelle), GYM 10:30 – 11:15 am
MS Exercise (Lisa), S2 10:30 – 11:30am	Clinical Exercise (Lisa), GYM 11:15 am – 12:15pm	Life Fit (Gabby), GYM 10:30 – 11:15 am	Strength & Balance L1 (Daniel), S2 11:30 am – 12:15 pm	Allied Health Gym (Physio), GYM 11:30 am – 12:15 pm
Life Fit (Gabby), GYM 10:30 – 11:15 am	Strength & Balance L1 (Physio), S2 12:00 – 12:45 pm	Strength & Balance L1 (Jetal), S2 11.00-11.45am	Casual Gym Times 11:45 - 1:00 pm	NeuroMoves (Jetal), S2 1:00 - 2:00 pm
Small Group Ex Physiology (Simon), GYM 12:30 - 1:15	Life Fit (Melinda), 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 Exercise (Lisa), GYM 2:00 – 3:00 pm
Wellbeing Program (Rose), WS 10.30am-12pm	Fit and Functional (Melinda), GYM 2:00 – 2:45 pm	Clinical Equipment (Physio), S1 1:45 – 2:30pm	Active Moves (Melinda), GYM 1:00 – 1:45 pm	Casual Gym Times 3:00 - 4:30
Casual Gym Times 11:15 - 12:15 pm	Clinical Mat Work (Physio), WS 2:00 – 2:45pm	Casual Gym Times 1:45 - 4:30	Fit and Functional (Melinda), GYM 2:00 – 2:45 pm	Hydrotherapy – State Swim 1:15 – 2:00pm
Beat Fit (Gabby), WS 12:30 – 1:15	Small Group PT (Melinda), Gym 3:00 – 3:45 pm	Hydrotherapy – The Arc 1:45 – 2:30pm	Life Fit (Melinda), GYM 3:00 – 3:45 pm	Hydrotherapy – State Swim 2:00 - 2:45 pm
Clinical Equipment (Jetal), S1 1:15 - 2:00 pm	Casual Gym Times 3:45 - 4:30	Hydrotherapy – The Arc 2:30 - 3:15	Casual Gym Times 3:45 - 4:30	
Parkinson's (Lisa), GYM 1:30 – 2:15pm				
Clinical Mat Work (Physio), WS 2:00 – 2:45pm				
Clinical Exercise (Lisa), GYM 2:30 – 3:30 pm				
Casual Gym Times 3:45 - 4.30				



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WS Wellness Studio

S1 Studio 1

S2 Studio 2

GYM GYM

Class Descriptors

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.	
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.	
Beat Fit –	Intensity – Moderate	Focus – Cardio, coordination and balance
	A personal trainer group exercise class focusing on cardio, functional balance, coordination and agility to the beat of music.	
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.	
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.	
Hydrotherapy -	Intensity – Individualised	Focus – Cardio, strength, balance, rehabilitation
	Therapist led class in a heated pool with individualised programs to manage/rehabilitate injuries and chronic conditions.	
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.	
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.	
NeuroMoves -	Intensity – Individualised	Focus - Neurological condition management
	A group exercise class for clients with neurological conditions, focusing on the key areas affected by the disease process. Led by an Exercise Physiologist.	
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.	
Wellbeing Programs -	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.	