

Class Timetable

Current from 08 April 2026 - subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
Life Fit (Dom), GYM 7:30 – 8:15 am	Life Fit (Annalise), GYM 7:30 – 8:15 am	Life Fit (Michelle), GYM 7:30 – 8:15 am	Life Fit (Michelle), GYM 7:30 – 8:15 am	Life Fit (Michelle), GYM 7:30 – 8:15 am
Allied Health Gym (Tom), GYM 8:30 - 9:15 am	Beat Fit (Annalise), WS 8:30 - 9:15 am	Allied Health Gym (Jetal), GYM 8:30 - 9:15 am	Allied Health Gym (Simon), GYM 8:30 - 9:15 am	Allied Health Gym (Simon), GYM 8:30 - 9:15 am
Clinical Mat Work (Jetal), WS 8:30 - 9:15 am	Allied Health Gym (Tom), GYM 8:30 - 9:15 am	Clinical Mat Work (Simon), WS 8:30 - 9:15am	Active Moves (Michelle), GYM 9:30 - 10:15 am	Beat Fit (Michelle), WS 8:30 – 9:15 am
Fit and Functional (Dom), GYM 9:30 – 10:15 am	Small Group AHA (Annalise), GYM 9:30 – 10:15 am	Clinical Equipment (Vincent), S1 8.30 - 9.15 am	Clinical Equipment (Vincent), S1 10:00 – 10:45 am	Clinical Mat Work (Jetal), WS 9:30 – 10:15 am
Small Group Ex Physiology (Simon), S2 9:30 - 10:15 am	Clinical Equipment (Vincent), S1 10:00 – 10:45 am	NeuroMoves (Lisa), S2 9:30 – 10:30 am	Parkinson's (Simon), GYM 10:30 – 11:15 am	Fit and Functional (Michelle), GYM 9:30 – 10:15 am
Clinical Equipment (Vincent), S1 10:00 - 10:45 am	Casual Gym 10.15 - 11:00 am	Small Group AHA (Michelle), GYM 9:30 – 10:15 am	Small Group AHA (Michelle), GYM 11:15 – 12:00 pm	Life Fit (Michelle), GYM 10:30 – 11:15 am
MS Exercise (Simon), S2 10:30 – 11:30 am	Clinical Mat Work (Lisa), WS 10:15 – 11:00 am	Life Fit (Michelle), GYM 10:15 – 11:00 am	Strength & Balance L1 (Daniel), S2 11:30 am – 12:15 pm	Allied Health Gym (Vincent), GYM 11:30 am – 12:15 pm
Life Fit (Dom), GYM 10:30 – 11:15 am	Active Moves (Annalise), GYM 10:30 – 11:15 am	Strength & Balance L1 (Jetal), S2 11:00 – 11:45 am	Casual Gym 12:00 - 1:00 pm	Clinical Exercise (Simon), GYM 2:00 – 3:00 pm
Brain Fit (Peter), WS 10.30 am - 12:00 pm	Clinical Exercise (Lisa), GYM 11:15 am – 12:15 pm	Clinical Exercise (Simon), GYM 11:15 am – 12:15 pm	Clinical Mat Work (Simon), WS 11:30 am – 12:15 pm	Casual Gym 3:00 – 4:00pm
Allied Health Gym (Tom), GYM 11:30 am – 12:15 pm	Strength & Balance L1 (Nicole), S2 12:00 – 12:45 pm	Casual Gym 12:30 - 1:15 pm	Active Moves (Michelle), GYM 1:00 – 1:45 pm	Hydrotherapy State Swim 1:15 – 2:00 pm
Casual Gym 12.00 - 12.30 pm	Life Fit (Annalise), GYM 1:00 – 1:45 pm	Parkinson's (Lisa), GYM 1:30 – 2:30 pm	Small Group Ex Physiology (Simon), S2 1:30 - 2:15pm	Hydrotherapy State Swim 2:00 – 2:45 pm
Small Group AHA (Dom), GYM 12:30 - 1:15 pm	Small Group AHA (Annalise), GYM 2:00 - 2:45 pm	Allied Health Gym (Jetal), GYM 2:30 - 3:15 pm	Fit and Functional (Michelle), GYM 2:00 – 2:45 pm	
Beat Fit (Michelle), WS 12:30 – 1:15 pm	Clinical Mat Work (Vincent), WS 2:00 – 2:45 pm	Clinical Equipment (Vincent), S1 2:00 - 2:45 pm	Life Fit (Michelle), GYM 3:00 – 3:45 pm	
Clinical Equipment (Jetal), S1 1:15 - 2:00 pm	Casual Gym 3.00 - 4:00 pm	Casual Gym 3:00 - 4:00pm		
Parkinson's (Simon), GYM 1:30 – 2:30 pm		Hydrotherapy The Arc 1:45 - 2:30 pm		
Clinical Mat Work (Vincent), WS 2:00 – 2:45 pm		Hydrotherapy The Arc 2:30 - 3:15 pm		
Clinical Exercise (Tom), GYM 2:30 – 3:30 pm				
Casual Gym 3:30 - 4:00 pm				



WS: Wellness Studio
S1: Studio 1
S2: Studio 2
GYM: Gym

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lifecare.org.au

Class Descriptors

Class Name	Intensity	Focus	Description
Active Moves	Low to Moderate	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	Individualised	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	Moderate	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	Individualised	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	Individualised	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	Low to Moderate	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	Moderate	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	Individualised	Cardio, strength, balance, rehabilitation	Therapist led class in a heated pool with individualised programs to manage/rehabilitate injuries and chronic conditions.
Life Fit	Individualised	Cardio, strength, balance, agility	Personal trainer led class in the gym with individualised programs combining cardio with strength, flexibility, balance and agility.
MS Exercise	Individualised	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	Individualised	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	Individualised	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	Low	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.
Brain Fit	Individualised	Cognitive exercises only, nil physical component	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.
Small Group AHA	Individualised	Maintaining independence, strength, cardiovascular and balance	Class group of 4 with individualised program supervised by a Personal Trainer. Benefits include higher supervision and assistance with program in a quieter environment.
Small Group EP/Physio	Individualised	Rehabilitation	Class of 4 with individualised programs managing an acute injury or individuals that require a higher level of supervision or allied health input due to frequent changes to health.