

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 (Michelle), 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 (Michelle), 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 (Michelle), 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 11:15 – 12:00pm | Life Fit (Michelle), GYM 10:30 – 11:15 am |
| Life Fit (Gabby), GYM 10:30 – 11:15 am | Clinical Exercise (Lisa), GYM 11:15 am – 12:15pm | 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 11.45am | Casual Gym Times 11:45 - 1:00 pm | Clinical Equipment (Jetal), S1 1:15 – 2:00pm |
| 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 Exercise (Lisa), GYM 2:00 – 3:00 pm |
| 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 | Casual Gym Times 3:00 - 4:30 |
| 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 | Hydrotherapy – State Swim 1:15 – 2:00pm |
| 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 1:45 – 2:30pm |
| 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 2:30 – 3:15pm |
| Clinical Exercise (Lisa), GYM 2:30 – 3:30 pm | | | | |
| Casual Gym Times 3:45 - 5:15 | | | | |



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WS Wellness Studio

S1 Studio 1

S2 Studio 2

GYM GYM

Class Descriptors:

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| 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. | |