

WELLNESS CLASS TIMETABLE

(as at 11/20 - subject to change)

MON	TUES	WED	THURS
8.30am FUN FIT Renate	9.00am TAI CHI Jo	8.30am FUN FIT Jo	9.00am ZOOM FIT Renate
10.00am CHAIR FIT Renate		10.00AM CHAIR YOGA Jo	
11.00am STABILITY & BALANCE Renate	11.00am GYM STRENGTH Jo	11.00am STABILITY & BALANCE Jo	11.00am STRETCH & RESTORE Renate
1.15pm AQUA CHILL Renate	3.30pm AQUA MOVES Jo	12.00pm INTRO TAI CHI Renate	

CLASS DESCRIPTIONS

Chair Fit	Chair based exercise class to music with optional light weights and/or resistance bands.
Chair Yoga	Chair based exercise class to mobilise joints and stretch your body.
Fun Fit	Resistance based exercise class using a wide variety of equipment and movements.
Gym Strength	Strength based exercises with a variety of equipment.
Stability & Balance	Lower body strength and balance class for falls prevention.
Stretch & Restore	Flexibility and stretching exercises utilising a blend of Tai Chi, Yoga and traditional stretches.
Tai Chi	Gentle Tai Chi program for all levels.
Zoom Fit	Fitness routines to music using light-weight dumbbells.
1:1 Sessions	One-to-One sessions available to all residents to address health and fitness concerns
AQUA Classes	Non weight bearing. Aqua Chill - slower walking/movement class. Aqua Moves - using equipment in water for resistance workout.

