

# WELLNESS CLASS TIMETABLE

(as at 04/21 - subject to change)

MON	TUES	WED	THURS
8.30am <b>FUN FIT</b>	9.00am <b>TAI CHI</b>	8.30am <b>FUN FIT</b>	9.00am <b>GYM STRONG</b>
10.00am <b>CHAIR FIT</b>		10.00am <b>YOGA with BELINDA</b>	 <b>OCEAN GARDENS</b> <small>— HEALTH &amp; WELLNESS —</small>
		11.00am <b>STABILITY &amp; BALANCE</b>	
11.00am <b>STABILITY &amp; BALANCE</b>	11.00am <b>GYM STRONG</b>	12.00pm <b>TAI CHI FOR BEGINNERS</b>	11.00am <b>STRETCH &amp; RESTORE</b>
3.00pm <b>AQUA CHILL</b>		3.00pm <b>AQUA MOVES</b>	

## CLASS DESCRIPTIONS

<b>AQUA Classes</b>	Aqua Chill – gentle class, lower limb and relaxation focus. Aqua Moves – using equipment in water for resistance workout.
<b>Chair Fit</b>	Chair based exercise class to music with optional light weights and/or resistance bands. Ritson Room
<b>Fun Fit</b>	Resistance based exercise to music using dumbbells. Ritson Room
<b>Gym Strong</b>	Circuit style class incorporating strength-based exercises with a variety of equipment. Gym
<b>Stability &amp; Balance</b>	Lower body strength and balance class for falls prevention. Ritson Room
<b>Stretch &amp; Restore</b>	Flexibility and stretching exercises utilising a blend of Tai Chi, Yoga and traditional stretches. Ritson Room
<b>Tai Chi</b>	Tai Chi for Beginners – Introduction to Tai Chi for Arthritis & Falls Prevention program. Gym Deck Ongoing - Gentle Tai Chi incorporating TC4A and extension movements. Gym Deck
<b>Yoga</b>	Belinda from Wisdom Yoga Institute will provide gentle chair-based yoga sessions suitable for all abilities. Ritson Room
<b>1:1 Sessions</b>	One-to-One sessions available to all residents to address health and fitness concerns. Contact Wellness Office. Ph: 9285 3015