

WELLNESS PROGRAM

CLASS TIMETABLE

(from 05/23)



MON	TUES	WED	THURS
8.30am FUN FIT	9.00am TAI CHI	8.30am FUN FIT	9.00am GYM STRONG
10.00am CHAIR FIT		10.00am POSTURE & MOBILITY	10.00am ** NEURO FIT
11.00am STABILITY & BALANCE	11.00am GYM STRONG	11.00am STABILITY & BALANCE	11.00am STRETCH & RESTORE

CLASS DESCRIPTIONS

Chair Fit	Light-Mod	Chair based exercise class to music with optional light weights and/or resistance bands. Function Room
Fun Fit	Mod-Vigorous	Resistance and cardio exercises to music using dumbbells. Function Room
Gym Strong	Mod-Vigorous	Circuit style class incorporating strength-based exercises with a variety of equipment. Gym
Neuro Fit **	Mod	Specialised group session for residents with neurological conditions. **
Posture & Mobility	Light	Chair based exercises to increase postural awareness and joint mobility. Function Room
Stability & Balance	Mod	Lower body strength and balance class for falls prevention. Function Room
Stretch & Restore	Light	Relaxing class utilising a blend of Tai Chi, traditional stretches and mobility movements, finishing with breathwork exercises. Ritson Room
Tai Chi	Light	Gentle Tai Chi incorporating Tai Chi for Arthritis and extension movements. Ritson Room / Gym Deck - weather dependent
1:1 Sessions	Individualised sessions available to all residents to address health and fitness concerns - contact the Wellness Team to book an appointment	

Exercise Intensity:

Light – easy to maintain, easy to breathe, can carry on conversation
 Moderate – able to maintain for longer periods, able to talk and hold short conversation
 Vigorous – becoming uncomfortable, short of breath, can speak a sentence

Classes marked ** require prior assessment before attending

Please note class sizes are capped to ensure participant safety and comfort

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