

# WELLNESS PROGRAM

## CLASS TIMETABLE

(from 05/23)



| MON                               | TUES                  | WED                               | THURS                           |
|-----------------------------------|-----------------------|-----------------------------------|---------------------------------|
| 8.30am<br>FUN FIT                 | 9.00am<br>TAI CHI     | 8.30am<br>FUN FIT                 | 9.00am<br>GYM STRONG            |
| 10.00am<br>CHAIR FIT              |                       | 10.00am<br>CHAIR FIT              |                                 |
| 11.00am<br>STABILITY &<br>BALANCE | 11.00am<br>GYM STRONG | 11.00am<br>STABILITY &<br>BALANCE | 11.00am<br>STRETCH<br>& RESTORE |
|                                   |                       |                                   | 12.00pm **<br>NEURO FIT         |

## 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. **  |
| 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

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