

**GROUP CLASS TIMETABLE**

	Monday	Tuesday	Wednesday	Thursday	Friday
6am					
6:30am					
7am		Core strengthening class			
7.30am					
8am					
8.30am					
9am					
9.30am					
10am		GLA:D		NEURO Rehab	GLA:D
10.30am					
11am	Pulmonary Rehab	Weights 4 Wellness	Lungs in Action (Private)	Pulmonary Rehab	Weights for Wellness
11.30am					
12pm					
12.30pm					
1pm	Lungs In Action	Hydro @ Health club	Lungs In Action	Hydro @ Health club	Lungs In Action
1.30pm					
2pm	Pulmonary Rehab			Pulmonary Rehab	
2.30pm					
3pm					
3.30pm					

	DAY	TIME
<b>Core Strengthening Classes</b> This group exercise class focuses on posture, balance, control, and flexibility, and is excellent rehabilitation for back, neck, shoulder, and hip injuries.	Tuesday	7am – 8am
<b>GLAD</b> GLA:D® is an education and exercise program developed by researchers in Denmark for people with hip or knee osteoarthritis symptoms. This education and exercise program reflects the latest evidence in osteoarthritis (OA) research.	Tuesday, Friday	10am - 11am
<b>Weights for Wellness</b> This group class is a low impact exercise class that combines aerobic and resistance exercises.	Tuesday, Friday	11am - 12pm
<b>HYDRO @ Health Club</b> Aquatic Physiotherapy / Hydrotherapy is a clinical water therapy programme of exercises specifically designed for each client.	Monday, Tuesday, Wednesday	1pm - 2pm
<b>Pulmonary Rehab</b> The aim of these classes is to improve strength, fitness and breathing through resistance and aerobic type training, as well as providing education on conditions and/or medications.	Monday, Thursday	11am – 12pm OR 2pm - 3pm
<b>LUNGS IN ACTION *subsidised</b> This program directly follows on from Pulmonary rehab. The aim of these classes is to build upon education, breathing techniques and strength/fitness derived from pulmonary rehab.	Monday, Tuesday, Thursday, Friday	1pm - 2pm
<b>LUNGS IN ACTION *private</b> This program directly follows on from the subsidised LIA class. Progressing exercises already learned in the previous two classes.	Wednesday	11am-12pm
<b>Neuro Rehab</b> Neurological conditions such as Parkinson’s, Multiple Sclerosis, Cerebral Palsy, and Stroke are all conditions which we assist in this group class. Neuro Rehab is a prescribed exercise class that assists with balance, coordination, strength, and cardiovascular needs.	Thursday	10am – 11am

