

MONDAY

Morning

9.30-10.30am
Circuit group (R01)

9.30-10.15am
Fit Ball Drumming (R03)

10.30-11.45am
MS group (R03)

11am-12pm
Chair-based exercise (R01)

Afternoon

1.15-2.00pm
Gym circuit (Gym)

1.15-2.15pm
Light weights (R01)

2.30-3.30pm
Move and Groove (R01)

2.30-3.15pm
Gym circuit (Gym)

TUESDAY

Morning

9.30-10.30am
Circuit group (R01)

10am-12pm
Memory Support Group (R03)

10am-12pm
Talk-back group (Hub)

11am-12pm
Chair-based exercise (R01)

Afternoon

1.00-4.30pm
Speech Therapy individual
(R03)

1.15-2pm
Gym circuit (Gym)

1.15-2.15pm
Light Weights (R01)

2.30-3.15pm
Yoga (R01)

WEDNESDAY

Morning

9.30-10.30am
Strong and Steady (R01)

10.30am-12pm
Men's group (R03)

11am-12pm
Chair-based exercise (R01)

Afternoon

1-2.15pm
Chi ball (R01)

1.15-2pm
Light weights (Gym)

1.30-2.30pm
Beginners Tai Chi (R03)

2.30-3.15pm
Yoga (R01)

THURSDAY

Morning

9-9.30am
HIIT (Gym)

9-10am
Fit Ball Drumming (R03)

9.30-10.30am
Circuit group (R01)

10:15am-11:15am
Hand Therapy (R03)

11am-12pm
Tai Chi (Hub)

11:30am-12:30pm
Hand Therapy (R03)

Afternoon

1-2.15pm
Upright for Life (R01)

1.30-3pm
Women's group (R03)

2.30-3.30pm
Light Weights (R01)

FRIDAY

Morning

8.45-9.30am
Gym circuit (Gym)

8.30-9.30am
Core Fit (Hub)

9.30-10.15am
Gym circuit (Gym)

9.30-10.30am
Light weights (R01)

9.45-10.45am
Core fit (Hub)

11am-12pm
Chair-based exercise (R01)

Afternoon

1-2pm
Light weights (R01)

2-3.15pm
Upright for Life (R01)

- Most groups are run by a Physiotherapist or Therapy Assistant
- Memory Support Group and Men's Group are run by our Occupational Therapy Staff
- Individual one-on-one gym programs are held during the week with Therapy Assistant
- Most groups require a physiotherapy assessment prior to joining. This helps us identify the most

Group descriptions

CORE FIT

Based on Pilates and run by our experienced Physiotherapists, this program will improve your overall strength, balance, posture, mobility, and endurance. Come along and feel fit to your core!

CIRCUIT GROUP & GYM CIRCUIT

Improve your general fitness, stamina, and balance by joining Circuit Group. This group includes the use of gym equipment, circuit-style exercises, and balance stations. The Gym Circuit program is similar, adding free weights and timed station sessions.

CHAIR-BASED EXERCISE

Designed for clients with limited mobility, the Chair-based Exercise program provides gentle/progressive strengthening exercises for upper and lower limbs to enhance your strength and flexibility, improve mobility and maximise independence.

MEMORY SUPPORT

The Memory Support group provides a varied session including seated movement and balance exercises, plus conversation and themed discussions over morning tea. This group supports those with the diagnosis of mild dementia in a safe and welcoming space.

WOMEN'S / MEN'S GROUP

These groups are structured sessions with conversations (lots of laughter) and activities. The groups provide emotional and social connections, and will help you maintain your cognitive function, all over some morning or afternoon tea.

LIGHT WEIGHTS

Through a combination of seated and standing exercises with light weights, this group will improve your general strength, bone density, and help you maintain mobility and balance.

TAI CHI & CHI BALL

Our Tai Chi group will help progress your coordination and concentration as well as your balance and strength, all in a calm and relaxing setting. Our Chi Ball group incorporates Tai Chi, Dance, Yoga and Feldenkrais.

BEGINNERS TAI CHI

Our Tai Chi group will benefit your coordination and concentration as well as your balance and strength. Come and try! It will improve your quality of life, muscular strength and flexibility.

UPRIGHT FOR LIFE

Designed specifically to improve balance, Upright for Life provides strengthening exercises and challenging balance exercises, plus strategies to improve confidence and avoid falls.

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STRONG AND STEADY

If you would like to refine your balance, leg strength and fitness, this is the group for you. Using a circuit format, our Strong and Steady group will help to get you feeling strong and confident.

MOVE AND GROOVE

Move and Groove will keep your joints moving while providing some fun at the same time. Come along and join in the fun while you dance and sing along!

FIT BALL DRUMMING

Fit Ball Drumming is a great work out for your brain and body. They say that an hour of drumming burns more calories than running, aerobics or weights. Drumming can lower blood pressure and improve cognitive brain function.

YOGA

Yoga increases your flexibility, muscle strength and tone and maintains your cardio and circulatory health. Yoga brings harmony between your mind and body.

SPEECH THERAPY – TALKBACK GROUP

The Talkback Group runs to support people living with aphasia. It provides opportunity to participate in conversation and to practice finding words. Talkback improves social opportunities and connections for people living with aphasia.

HAND THERAPY

The hand therapy group uses Paraffin wax to help relieve pain in the hand of people with osteoarthritis rheumatoid arthritis fibromyalgia and joint mobility issues. It acts like a form of heat therapy and can help increase blood flow, relax muscles and decrease joint stiffness. This group also receives a short shoulder massage to really relax.

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