**Class Timetable**

**August-December 2023**

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| MON | Clinical Exercise Session | 8am, 10am, 12pm1pm, 4pm | SimonKelly |
| Over 60’s Exercise  | 11am | Kelly |
| TUE | Clinical Exercise Session | 8am, 9am, 12pm, 1pm, 4.30pm, 5.30pm, 6.30pm | Natalie |
| Over 60’s Exercise | 10am, 11am | Natalie |
| WED | Clinical Exercise Session | 7am, 8am, 9am,12pm, 1pm6pm | BecBenDan |
| Over 60’s Exercise  | 10am, 11am | Ben |
| THU | Clinical Exercise Session |  7am, 12pm 8am, 9am 3pm, 5pm | BecBenSimon |
| Over 60’s Exercise  | 10am, 11am | Simon |
| FRI | Clinical Exercise Session | 8am11am | DanKelly |
| Over 60’s Exercise  | 9am10am | DanKelly |
| SAT | Clinical Exercise Session | 9am (every 2nd week) | Simon  |

**Clinical Exercise Sessions**

Our classes are run by qualified physiotherapists. We offer individual one on one sessions & group classes of up to 5 people. Prior to commencing, an initial individual assessment by our physiotherapist is required. (Health Fund rebates may apply)

**Over 60’s Exercise Classes**

Our Over 60’s group classes are aimed at improving strength, fitness, balance & overall wellbeing. Programs are designed & supervised by a qualified physiotherapist & cater for individual goals. Exercises are tailored to suit your individual needs. Our fully equipped gym provides a variety of strength & conditioning equipment such as exercise bikes & treadmills together with fit balls, free hand weights & balance equipment. (Health Fund rebates may apply).

**BOOKINGS ARE ESSENTIAL FOR ALL CLASSES DUE TO POPULAR DEMAND**