

## Class Timetable

### August-December 2023

MON	Clinical Exercise Session	8am, 10am, 12pm 1pm, 4pm	Simon Kelly
	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, 1pm 6pm	Bec Ben Dan
	Over 60's Exercise	10am, 11am	Ben
THU	Clinical Exercise Session	7am, 12pm 8am, 9am 3pm, 5pm	Bec Ben Simon
	Over 60's Exercise	10am, 11am	Simon
FRI	Clinical Exercise Session	8am 11am	Dan Kelly
	Over 60's Exercise	9am 10am	Dan Kelly
SAT	Clinical Exercise Session	9am (every 2 <sup>nd</sup> 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**

### Lifecare Ashburton

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