

Programs and Events

	Monday	Tuesday	Thursday
9:30am	Strength for Life 60 mins	Strength for Life 60 mins HeartSmart Education and Exercise (Level 2 Gym)	Strength for Life 60 mins
11:00am	Keeping your Balance 60 mins	Better Mobility 60 mins	Strength for Life 60 mins
12:30pm	Warm Water Exercise 45 mins	Tai Chi (Level 2 Gym)	
1:00pm		Keeping your Balance 60 mins	Warm Water Exercise 45 mins Keeping your Balance 60 mins
1:30pm	Warm Water Exercise 45 mins		

Assessment & Class costs will be advised during Intake process, or you can contact (03) 5428 0300

Please Note: Classes are available on Wednesday or Friday. Car Parking is limited, we encourage you to be dropped off or car pool when possible.

Class descriptions

Better Mobility

This gentle exercise session is an excellent way to begin or restart your exercise program. It is designed to increase flexibility, mobility, balance and strength. All of the exercises can be adapted to chairs or wheelchairs. A lot of fun in this group. **Duration 60 minutes.**

- Please bring along a water bottle & shoes with good support are recommended.
- A doctor's referral (from your GP) & an initial assessment (with our Physiotherapist) is required for this class.

Strength for Life

Strength Training improves joint mobility, muscle strength and increases bone density. Progressive Strength Training can be very beneficial and assist with the management of chronic conditions like diabetes, heart disease, arthritis and osteoporosis. **Duration 60 minutes.**

- Please bring along a water bottle & shoes with good support are recommended.
- A doctor's referral (from your GP) & initial assessment (with our Physiotherapist) is required for this class.

Heartsmart

(Cardiac Rehab Program) is a comprehensive cardiac program encouraging lifestyle changes as part of recovery or to minimize the risk of further cardiac events.

It is also appropriate for those at high risk of developing coronary heart disease and welcomes family and carers to attend at nil cost.

- A referral may be provided, but not necessary.
- An exercise capacity assessment is performed, usually by our Physiotherapist or Exercise Physiologist.
- Wear comfortable clothing suitable for light/moderate exercise
- Please bring along a water bottle & snack if required to have before the exercise session following the education session.

Keeping Your Balance

“Falls” are a leading cause of increasing disability in older people. The impact on independence levels and quality of life can be immense. This class is designed to increase your flexibility, mobility, coordination and balance. A lot of fun, including obstacle courses, ball games, fit balls, and balance exercises. **Duration 60 minutes.**

- Please bring along a water bottle & shoes with good support are recommended
- A doctor's referral (from your GP) & initial assessment (with our Physiotherapist) is required for this class.

Tai Chi

An excellent healing tool. The slow gentle movements of Tai Chi help improve a range of disorders including arthritis, anxiety, fatigue, balance, stiffness and posture. **Duration 90 minutes.**

- All participants need to wear comfortable clothing & shoes.

Warm Water Exercise

An excellent medium for arthritic joints. Water acts as a shock absorber, reducing stress on joints and allows a full range of movement. The massage effect of water increases circulation and promotes relaxation. A great way to become and stay fit. **Duration 45 minutes.**

(Term fee paid in advance)

- A doctor's referral (from your GP) & initial assessment (with our Physiotherapist) is required for this class.
- Meet at the Gisborne Aquatic Centre 10 minutes prior to your session commencing.
- Please bring bathers, towel & a water bottle.