

**Timetable for H & W Centre- Autumn 2021**

**Group Fitness Classes**

Monday	Tuesday	Wednesday	Thursday	Friday
Aqua Fit 8:00AM- 8:45AM			Aqua Fit 8:00AM- 8:45AM	Aqua Fit 8:00AM- 8:45AM
Aqua Fit 9:15AM- 10:00AM		Aqua Fit 9:15AM- 10:00AM		Aqua Fit 9:15AM- 10:00AM
Tai Chi for Arthritis 11:45AM-12:30PM		Aqua Balance 1:15PM- 2:00pm		

**Exercise Physiology**

Monday	Tuesday	Wednesday	Thursday	Friday
	Strength for Life 9:30AM- 10:30AM		Strength for Life 9:30AM- 10:30AM	
	Staying Strong 10:30AM-11:30AM	Staying Strong 11:00AM-12:00PM	Staying Strong 10:30AM-11:30AM	
	Strength for Life 11:30AM-12:30PM	Strength For Life 12:30AM-1:30PM	Strength for Life 11:30AM-12:30PM	
	Staying Strong 1:30PM-2:30PM	Let's Move 1:30PM-2:30PM	Staying Strong 1:30PM-2:30PM	

**Physiotherapy**

Monday	Tuesday	Wednesday	Thursday	Friday
	Physiotherapy Aquatic Hydro 2:30PM-3:15PM		Physiotherapy Aquatic Hydro 9:30AM-10:15AM	

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**AquaFit:** Aqua Fit is a fun, low impact class designed for seniors. With easy to follow moves using equipment to improve cardiovascular, range of movement and coordination, it is suitable for all levels. This class will leave you feeling empowered and feeling alive.

**Aquabalance:** Aqua balance focuses on developing and strengthening the legs and upper body using equipment. Simple to follow exercises which targets balance, this class is a safe entry point for exercise post-operative or for musculoskeletal injuries that require progressive rehabilitation.

**Tai Chi for Arthritis:** In 1997, Dr Paul Lam's team of Tai Chi and medical experts designed the program Tai Chi for Arthritis especially for people with arthritis. This program is based on Sun style Tai Chi for its unique Qigong component which has a powerful healing ability. It contains all the essential principles of Tai Chi and the movements are safe. It is short and easy-to-learn. Tai Chi for Arthritis helps arthritis by improving muscular strength, flexibility and fitness.

**Strength For Life:** Strength For Life (Previously known as Living Longer Living Stronger). It is a low cost, evidence based progressive strength training and exercise program designed specifically for the over 50's to stay strong, active and fit. The exercise programs are individually tailored for each participant and it helps to improve balance, cardiovascular fitness, muscle strength and overall general wellbeing.

**Staying Strong:** This is a group based class dedicated for people with complex health conditions and care needs which require a targeted program with a higher degree of support and supervision. This class will help to increase your confidence as well as maintain your independence for your daily activities.

**Physiotherapeutic Aquatic Hydro:** Group rehabilitation class; targeting specific injury sites per individual needs, general strength and mobility training. We concentrate on restoring joint range of movement and function, maintenance of current functional levels for seniors and stimulating mental health and wellbeing. Suitable for post knee and hip replacements, Osteo-arthritis, Rotator cuff injuries, knee and ankle instability or lower back pain

**Let's Move:** Let's Move class is for clients who is required to sit down to participate any activity, or who would like to participate exercises while they are seated. Clients with high risk of falls required to join Let's Move class rather than any other group classes.

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