

Health and Wellbeing Exercise Classes

Metro East Timetable

For bookings please call 1300 22 44 77

LOCATIONS

Newton - 163 Montacute Road

Magill (James Evans Court) - 122 St Bernards Road

Magill (Club 94) - St Georges Court, 2 Murray Avenue

Gilles Plains - RSB Pool, Blacks Road

Tusmore - Burnside Uniting Church
384 Portrush Road

Marden - Corner Kent/Marden Road

Milpara - 147 St Bernards Road,
Rostrevor

ARC - 531 Lower North East Road,
Campbelltown

**ACH
GROUP**

Good Lives for
Older People

Monday		Tuesday		Wednesday	Thursday				Friday		
Newton	Milpara	Newton	Gilles Plains	Newton	Newton		Magill	Marden	Tusmore	Newton	ARC
8.00-9.00am Life Exercise		8.00-9.00am Life Exercise		8.00-9.00am Life Exercise	8.00-9.00am Life Exercise					8.00-9.00am Life Exercise	
9.00-10.00am Life Exercise		9.00-10.00am Life Exercise		9.00-10.00am Life Exercise	9.00-10.00am Life Exercise				9.30-10.30am Parkinson's Group	9.00-10.00am Life Exercise	
10.00-11.00am Life Exercise	10.00-11.00am Life Exercise (JEC)	10.00-11.00am Life Exercise		10.00-11.00am Life Exercise	10.00-11.00am Life Exercise	10.00-11.00am Walking Group		10.00-11.00am Life Exercise	10.30-11.30am Balance	10.00-11.00am Life Exercise	11.00am-11.30am Aquatic Therapy
11.00am-12.00pm Balance		11.00am-12.00pm Stroke Recovery		11.00am-12.00pm Life Exercise	11.00am-12.00pm Stroke Recovery		11.00am-12.00pm Life Exercise (JEC)			11.00am-12.00pm Balance	11.30am-12.00pm Aquatic Therapy
1.00-2.00pm Life Exercise	1.30am-2.30pm Tai Chi (Milpara)	1.00pm-2.00pm Life Exercise	1.30-2.15pm Hydro- therapy	1.00-2.00pm Life Exercise	1.00-2.00pm Life Exercise					1.00-2.00pm Life Exercise	
2.00-3.00pm Life Exercise		2.00-3.00 Life Exercise	2.15pm-3.00pm Hydro- therapy	2.00-3.00pm Life Exercise	2.00-3.00pm Life Exercise					2.00-3.00pm Life Exercise	
3.00-4.00pm Life Exercise		3.00-4.00pm Balance		3.00-4.00pm Balance							

ACH Group is a not-for-profit community organisation promoting opportunities and services to support good lives for older people.



www.achgroup.org.au



1300 22 44 77



ACH Group



@ACH_Group

*Subject to change 2/17

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Arthritis Care (commencing soon)

Provides you with the tools you need to make pro-active, healthy choices and better manage your arthritis so that you can participate in everyday activities.

Back Care

An exercise class with a focus on back care, preventing and minimising back pain, improving core strength and posture.

Falls Prevention & Balance Group

A combined exercise and education program that aims to reduce your risk of falling, builds your confidence and enhances your quality of life.

Fit Ball

Fitball workouts are an ideal way to develop your strength and flexibility using a very large exercise ball. These classes provide an all over muscle conditioning program in a fun environment.

Healthy Memory/Healthy Movers Group

A combination of physical exercise with brain activities to help promote an active mind, and to improve your ability to maintain a healthy memory. This program is suitable for people with memory loss, cognitive decline and those living with dementia.

Hydrotherapy

Hydrotherapy is a form of physiotherapy treatment that uses warm water to assist and resist body movements, relax and strengthen muscles and help decrease pain.

Life Exercise - Conditioning and Rehabilitation/ Power Movers

A unique program which combines exercise and education to optimise independence, increase strength, endurance and balance and provide motivation to live a healthy life.

Parkinsons Group

A program of exercise, education, support and information to promote independence, confidence and engagement in a more active life with Parkinson's Disease.

Stroke Recovery

Help build your independence and confidence to engage with life in an active and more meaningful way following a stroke.

Tai Chi

A program based on the traditional movements and values of Tai Chi to enable harmony of your mind, improve mobility, balance, flexibility and mental alertness.

Supported by the Australian Government Department of Health. Visit the Department of Health website (www.health.gov.au) for more information.

Although funding for these classes has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.

*Subject to change 11/16