

Health and Wellbeing Exercise Classes

Metro North Timetable

For bookings please call **1300 22 44 77**

LOCATIONS

North Care Gym - 192 Park Terrace, Salisbury Plain



Good Lives for
Older People

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
North Care Gym	North Care Gym	North Care Gym	North Care Gym	North Care Gym
	12.30pm-1.30pm Life Exercises			
1.00pm-2.00pm Life Exercises	1.30pm-2.30pm Life Exercises			
2.00pm-3.00pm Hydro				

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

Health and Wellbeing Exercise Classes

Metro North Timetable

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.



Good Lives for
Older People

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 02/17