

Health and Wellbeing Exercise Classes

Metro South Timetable

LOCATIONS

Christie Downs - 17 Elizabeth Road
Seaford - State Swim, 3-5 Cascade Drive
Christies Beach - Rotary Park, The Esplanade
Port Noarlunga - Perry Park, 26 River Road



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

MONDAY	TUESDAY	WEDNESDAY		THURSDAY			FRIDAY
Christie Downs	Christie Downs	Christie Downs	Seaford	Christie Downs	Christies Beach	Perry Park	Christie Downs
8.00-9.00am Life Exercise	8.00-9.00am Life Exercise	8.00-9.00am FitBall		8.00-9.00am Life Exercise			8.00-9.00am Life Exercise
9.00-10.00am Life Exercise	9.00-10.00am Life Exercise	9.00-9.45am Life Exercise		9.00-10.00am Life Exercise	10.00-11.00am Walking Group		9.00-10.00am Life Exercise
10.00-11.00am Life Exercise	10.00-11.00am Life Exercise	9.45-10.30am Life Exercise		10.00-11.00am Life Exercise		10.00-11.00am Life Exercise*	10.00-11.00am Life Exercise
11.00am-12.00pm Neuro Recovery	11.00am-12.00pm Life Exercise		11.00-11.45am Hydro	11.00am-12.00pm Life Exercise			11.00am-12.00pm 'Tai Chi' Gentle Eastern Moves
			11.45-12.30pm Hydro				
1.00-2.00pm Balance	1.00-2.00pm Life Exercise	2.00-3.00pm Balance		1.00-2.00pm Life Exercise			1.00-2.00pm Life Exercise
2.00-3.00pm Life Exercise	2.00-3.00pm Life Exercise	2.00pm-3.00pm Healthy Brain, Healthy Body		2.00-3.00pm Life Exercise			2.00-3.00pm FitBall
		3.00pm-4.00pm Come and Try					

Founded in 1952, ACH Group is a not-for-profit community organisation promoting opportunities and services to support good lives for older people.

* Residents only



www.achgroup.org.au



1300 22 44 77



ACH Group



@ACH_Group

Subject to change 5/17

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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.

ChiBall

A gentle movement exercise session that is aimed at improving mind-body health and well-being and uses the elements of Tai-Chi-Qi Gong, Yoga, Pilates and meditation. Designed and adapted for all levels of mobility and focusing on Balance, concentration, co-ordination, core strength, improving posture and strength and reducing back and shoulder pain.

Easy Moves

Suited to people who require more passive exercise to improve core strength and balance. It is a predominantly chair based exercise program based on EMAA principles. The group is run by EMAA accredited instructors who start the group with some tai chi moves for focus and warm up.

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.