

Health and Wellbeing Exercise Classes

Metro West Timetable

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

LOCATIONS

Glenelg Gym - 25 Ramsgate Street, Glenelg

Glenelg - Kapara Entrance, 80 Mosely Street, Glenelg

Port Adelaide - Port Adelaide Athletics Club, Langham Place

Brighton - Minda Pool, 12 King George Avenue

Hove - Glenelg Community Centre, King George Avenue



MONDAY		TUESDAY		WEDNESDAY		THURSDAY			FRIDAY
Glenelg Gym	Port Adelaide	Glenelg Gym	Glenelg	Glenelg Gym	Port Adelaide	Glenelg Gym	Hove	Port Adelaide	Glenelg Gym
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 Back Care
9.00-10.00am Life Exercise	9.00-10.00am Power Movers	9.00-10.00am Life Exercise		9.00-10.00am Life Exercise	9.00-10.00am Life Exercise	9.00-10.00am Life Exercise		9.00-10.00am Power Movers	9.00-10.00am Life Exercise
10.00-11.00am Life Exercise	10.00-11.00am Power Movers	10.00-11.00am Life Exercise	10.00-11.00am Walking Group	10.00-11.00am Life Exercise	10.00-11.00am Life Exercise	10.00-11.00am Life Exercise		10.00-11.00am Power Movers	10.00-11.00am Life Exercise
11.00am-12.00pm Life Exercise		11.00am-12.00pm Life Exercise		11.00am-12.00pm Life Exercise	11.00am-12.00pm Life Exercise	11.00am-12.00pm Life Exercise			11.00am-12.00pm Life Exercise
12.00-1.00pm Balance		12.00-1.00pm Balance		12.00-1.00pm Hydro-therapy (Brighton)		12.00-1.00pm Balance	12.00pm-1.00pm Healthy Brain, Healthy Body		12.00-1.00pm Balance
		1.00-2.00pm 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.



www.achgroup.org.au



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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.

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.