

Your best self starts with your best health and Health Studio 50+ has all you need in one place to help you reach your optimal state of health.

How to book

Call **1300 22 44 77** to secure your place in one or more classes.

Places are limited and bookings are essential, so get in quick!



Note

The Come & Try classes will be held in the Studio except for the Gym tour and demonstration.

The Come & Try classes are a sample of the exercises offered on a regular basis at the Health Studio.

Please wear comfortable clothing that you can move in and wear enclosed shoes.

Entry conditions

To stop the spread of Coronavirus (COVID-19), we ask that you do not attend a Come & Try class if you are awaiting results from a PCR test, have symptoms of COVID-19 or have tested COVID positive or are a household contact in the past 7 days.

Special Offers

Free assessment for CHSP customers (save \$22)

50% off for self-funded customers (save \$11)

Book before 23 December.

Let's get active **1300 22 44 77**
Visit achgroup.org.au/come-try



Health Studio 50+
11 Blacks Road, Gilles Plains

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

Let's talk **1300 22 44 77** Visit achgroup.org.au



Come & Try Health Classes



You're invited to come and try a range of group exercise classes in November and December 2022, for **FREE!**

When and Where

28 November – 2 December
Health Studio 50+
11 Blacks Road, Gilles Plains

**Health
Studio**
50+



Gilles Plains

Classes

Allied Health Information Session

This session will be led by an ACH Group Health Professional who will describe allied health services and discuss the benefits of podiatry, occupational therapy and dietetics.

Back Care and Core

A floor or seat-based class aiming to improve core strength and stability to assist with lower back pain.

Balance

A class for customers that may have experienced falls or noted a decline in their balance.

Circuit Training

A functional strength class that aims to help improve strength as well as balance and stability. Not suitable for people with mobility aids.

Gym Tour and Demonstration

An Exercise Physiologist will demonstrate how to use our state-of-the-art exercise equipment. The high tech, easy to use, low impact machines are designed for ageing bodies.

Stretching

This class will focus on stretching the major muscle groups in a controlled manner, either on the floor or seated. Participants will be guided on how to stretch safely and in a sustained way. Suitable for all fitness levels.

Strong and Steady

Focus on balance and stability by working the major muscles in your body using body weights, resistance bands and free weights. Suitable for people with mobility aids.

Tai Chi

This gentle form of exercise has been shown to improve coordination, balance, and wellbeing. The low impact movements are suitable for all people, especially those with arthritic joints.

Call **1300 22 44 77**
and book your **FREE** health class.

Come & Try

Timetable 28 November – 2 December

Start time	Monday - 28 Nov	Tuesday - 29 Nov	Wednesday - 30 Nov	Thursday - 1 Dec	Friday - 2 Dec
9.15am	Back Care & Core	Back Care & Core		Circuit Training	
10.15am	Tai Chi			Back Care & Core	
11.15am	Circuit Training	Circuit Training		Circuit Training	Balance
1pm	Stretching	Balance		Strong & Steady	
1.30pm	Tai Chi	Gym Tour & Demonstration		Balance	
2.15pm	Tai Chi	Gym Tour & Demonstration		Circuit	Gym Tour & Demonstration
3.00pm			Allied Health Info Session		
3.15pm	Strong & Steady	Gym Tour & Demonstration		Strong & Steady	Gym Tour & Demonstration

Note: All sessions are 30 minutes