

The logo consists of a green square with a white diagonal line from the top-left to the bottom-right, creating a stylized 'A' shape.

ACH
GROUP

A photograph of three elderly people in a bright, indoor setting, likely a health studio. In the foreground, a woman with short, curly brown hair, wearing a light blue polo shirt, is smiling and holding a black resistance band with both hands. Behind her, to the left, is a woman with short grey hair wearing a light blue t-shirt and tan shorts, also holding a red resistance band. To the right, a man with short grey hair wearing a light grey t-shirt and blue shorts is holding a black resistance band. The background is a plain, light-colored wall.

Our Health Studio Services

Discover ACH Group Health Studios.
Everything you need, all in one place.

About ACH Group

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

One of the state's leading aged care providers, ACH Group supports thousands of older South Australians.

In addition to a wide variety of accommodation offerings, with more than 440 retirement living units and seven residential care homes located across metropolitan Adelaide, ACH Group provides a wide range of help at home, health, wellbeing, respite and social experiences.

Your Partner in Health and Ageing Well

Our goal is to help you live safely and confidently in your own home for longer. We understand that managing your health and wellbeing can involve many different services. That's why ACH Group Health Studios offer a truly integrated approach, bringing everything you need under one roof for your health and fitness journey.

Experience clinical care delivered by our fully trained and highly experienced allied health professionals.

Your Health Journey Starts Here

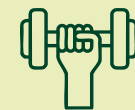
Be supported by our qualified health professionals who understand the unique health and fitness requirements of older people.

Health Studio services include:



Allied Health:

Access to Physiotherapy, Exercise Physiology, Occupational Therapy, Podiatry, Dietetics, Remedial Massage and Social Work.



Exercise Groups:

Guided by a Personal Trainer, these classes suit people of all fitness levels and offer varying intensity. They include sessions utilising HUR equipment and a variety of other interactive groups focusing on balance, strength, and flexibility. These groups are supporting you to remain active and healthy.



Wellness Groups:

These are specialised groups designed to help you achieve specific health goals, with the support of a qualified health professional. These groups offer a targeted approach, often addressing particular health conditions or individualised needs.



Personalised support is also available:

One-to-one sessions are available for those who would like a personalised service.

Join us at ACH Group Health Studios across Adelaide, and take the next step toward staying strong, healthy and confident.



What We Offer

Our programs are designed specifically for older adults and combine safe, effective exercise with expert advice. Whether you want to improve your balance, build strength, or manage a health condition, we'll work with you to create a plan that suits your needs.

Our team includes experienced professionals who understand how to support people living with:

- Arthritis
- Memory Loss
- Neurological conditions e.g Parkinson's Disease
- Cardiac and respiratory conditions
- Frailty or reduced mobility
- Pain Management

You can choose from:

- One-on-one sessions tailored to your goals.
- Group classes that are social, supportive, and fun.
- Allied health services including physiotherapy, exercise physiology, podiatry, and more.
- Health and wellbeing at home - if you prefer we can bring the services to you.

Only available for home care or privately funded customers.



All-in-One Care to Support Your Independence

At ACH Group Health Studios, we understand that managing your health can involve many different services. That's why we have everything you need under one roof.



Clinical Care

We are dedicated to helping you live your best life, safely and confidently. Delivered by our fully trained and highly experienced Allied Health professionals.



Fully Coordinated Care

From Physiotherapy, Dietitians, and Podiatrists to state-of-the-art gym equipment, our team works together seamlessly to provide you with fully coordinated care, tailored to your unique needs.



Support and Services Hub

We have designed your complete wellness hub, supporting you to stay active and in control of your health and wellbeing with a full suite of health services and exercise classes all in one location.



HUR Senso Physical Training

"The facilities and equipment they have here are excellent, best I've ever used."

Ben, Rostrevor Health Studio customer.



Strong and Steady Exercise Group

"Prioritising my health and fitness has meant I've been able to keep doing the things that make my life great."

Susan, Rostrevor Health Studio customer.



Specialised Equipment: HUR Technology

Our Health Studios features state-of-the-art HUR equipment.

HUR equipment runs entirely on air pressure, which supports a reduction in stress on joints while stimulating your muscles to grow stronger. The equipment tracks all your activities, so you can easily see your progress. Our Health Studios are equipped with a range of machines that target all the major muscle groups.

- ✓ **Safe and gentle on joints**
- ✓ **Scientifically proven to reduce falls**
- ✓ **Improves strength, balance, and brain function**
- ✓ **Ideal for rehabilitation, ageing, and neurological conditions**

Whether you're recovering, maintaining, or improving your health, HUR helps you move with confidence.

At select ACH Group Health Studios, you'll also find **HUR Senso** - an advanced training platform that combines physical and cognitive exercises in one interactive experience. Using pressure-sensitive plates and a digital screen, HUR Senso challenges your balance, coordination, and reaction time through engaging, game-like activities.



How HUR Senso Works

HUR Senso transforms exercise into an interactive experience that trains both your body and brain.

Using a digital screen and pressure-sensitive floor plates, it delivers game-like activities that improve reaction speed, balance, and multi-tasking skills - all essential for staying safe and independent in everyday life.

Tailored to You

Every training program is personalised to your specific needs and goals. Delivered one-on-one by a qualified professional, your sessions are regularly reviewed to ensure you're progressing at your own pace.

Who Benefits Most?

HUR Senso is suitable for everyone - but it's especially helpful for people who:

- Have experienced falls or are concerned about falling
- Feel their balance or coordination isn't what it used to be
- Are living with neurological conditions
- Are experiencing frailty or reduced mobility



**Learn
more here**

Our Expert Health Team

Experienced professionals committed to your good life.



Our Health Studio Locations

1 Health Studio Christie Downs
17 Elizabeth Road, Christie Downs SA 5164

Services and classes include:

- **HUR Senso**
- **Allied Health:** Physiotherapy, Exercise Physiology, Podiatry, Occupational Therapy, Dietetics, Remedial Massage, Social Work.
- **Group Wellness and Exercise:** A range of exercise classes and programs to suit all fitness levels and a wide range of health conditions.

2 Health Studio Glenelg
Glenelg Oval Stadium, Brighton Road, Glenelg East SA 5045

Services and classes include:

- **Allied Health:** Physiotherapy, Exercise Physiology, Podiatry, Occupational Therapy, Dietetics, Remedial Massage, Social Work
- **Group Wellness and Exercise:** A range of exercise classes and programs to suit all fitness levels and a wide range of health conditions.

3 Health Studio Rostrevor
147 St Bernards Rd, Rostrevor SA 5075

As ACH Group's latest health offering, services and classes include:

- **HUR Senso**
- **Allied Health:** Physiotherapy, Exercise Physiology, Podiatry, Occupational Therapy, Dietetics, Remedial Massage, Social Work.
- **Group Wellness and Exercise:** A range of exercise classes and programs to suit all fitness levels and a wide range of health conditions.

Important Note: All customers must undergo a health assessment before starting their first service or class. Services and classes are subject to change.

Start your Journey Today

Learn how ACH Group can support your individual needs on your health and wellbeing journey.

Contact us today!



Call 8159 3500



Visit achgroup.org.au/studio



Drop by one of our Health Studios





Ready to Begin Your Health Journey?

Learn more about what we do

Visit achgroup.org.au/studio

Contact us today for more information

Call **8159 3500**

Connect with ACH Group



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Leaders in aged care since 1952.