

# Timetable - College Grove

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	GYM	GROUP	GYM	GROUP	GYM	GROUP	GYM	GROUP	GYM	GROUP
8:00 to 8:45	Strength for life		Strength for life		Strength for life		Strength for life		Strength for life	
9:00 to 9:45	Conditioning		Circuit		Strength for life		Conditioning		Circuit	
10:00 to 10:45	Circuit		Conditioning		Strong and stable	Core Strength	Conditioning	Talkback* 10.30-11.45	Conditioning	Core Strength
11:00 to 11:45	Strong and stable		Conditioning		Conditioning		Strong and stable	Tai Chi	Conditioning	
12:00 to 12:45										
1:00 to 1:45	Conditioning		Balance		Conditioning		Balance		Conditioning	
2:00 to 2:45	Conditioning		Strength for life		Strong and stable	Chi ball	Strength for life			
3:00 to 3:45							Conditioning			

AECH1279

Please note that an ECH assessment is required prior to commencing a new program and bookings are essential. Timetable effective as of 19 June 2023 and is subject to change.

ECH College Grove, 18 North East Road, Walkerville SA 5081  
 For enquiries or bookings call ECH on **1300 275 324** or email [ask@ech.asn.au](mailto:ask@ech.asn.au)

# Allied Health Group Programs\*

## **BALANCE**

Maintaining good balance is key to a healthy and active lifestyle, particularly as we age. Help maximise mobility through low impact fitness, strength and flexibility training through an introductory 8 week program. Conducted by a qualified allied health professional in a small, friendly group environment.

## **BOXERCISE**

Improve cardiovascular fitness and increase strength and agility while having fun with Boxercise. Led by a trained fitness instructor, this program offers physical activity with alternating periods of high and low intensity which can assist with stress relief and weight loss.

## **CHI BALL**

Embark on a holistic mind-body wellbeing journey of colour, music and flowing movement. Based on the principles of Tai Chi-Chi Gong, Chi Ball Dance, Yoga, Pilates, Chi Ball release and Deep Relaxation, this program incorporates low impact exercises using a Chi Ball to both challenge and facilitate movement.

## **CIRCUIT**

Build overall fitness levels while having fun through circuit training in a fully equipped on site gym. This program keeps fitness and interest levels high as participants move between stations, facilitated by a Fitness Instructor.

## **CONDITIONING**

Build strength and aerobic fitness levels through an individualised, moderately paced program designed to address specific chronic health conditions. Facilitated by a qualified Exercise Physiologist using professional gym equipment. This program is ideal for those recovering from incidences such as stroke, cardiac, COPD or joint replacement.

## **CORE STRENGTH**

Improve and maintain healthy postural alignment, spinal strength, mobility and stability in this Pilates style program. Facilitated by a trained health professional, this floor based program promotes core muscle strength to enhance everyday living and active lifestyle.

## **STRONG AND STABLE**

Build strength, fitness and balance in this moderately paced, progressive group based exercise program designed to improve and maintain good balance and strength. Strong and Stable offers engaging physical exercise to assist with overall balance, standing from sitting and leg and arm strength.

## **STRENGTH FOR LIFE**

Strength training is an important contributor to maintaining a mobile and healthy lifestyle. Designed to meet the needs of people over 50, the Strength For Life program promotes health and wellbeing using appropriate and increasingly heavy resistance under the supervision of accredited COTA SA fitness professionals. COTA pre commencement assessment required.

## **TAI CHI**

Learn and practice relaxing exercises and flowing movements in a welcoming group environment. Tai Chi combines breathing, posture, movement and meditation to promote a sense of well-being while also improving co-ordination, balance and awareness of weight transference.

**This session is for a specific health condition and bookings are essential. If you are interested in attending please call 1300 275 324.**

## **NEUROLOGICAL REHABILITATION**

Join a needs specific program for those living with neurological conditions such as multiple sclerosis or Parkinson's disease, or for those who are recovering from a stroke. Facilitated by a qualified allied health professional, this program focuses on strengthening, stretching and balance exercises, as well as improving walking abilities.

## **TALKBACK**

Regaining the ability to communicate verbally with other people is important in the recovery from events such as a stroke, as well as for increasing independence. Talkback provides people living with aphasia the opportunity to practice and develop conversation skills, build confidence, and meet and socialise with other participants in a small group environment. Talkback is facilitated by a qualified speech pathologist.

\*Bookings and cancellations are essential for all programs to ensure appropriate participant program numbers. Notification of cancellation is required by at least 24 hours in advance to the scheduled program. Where timely cancellation is not received, the full price of the session may be applied to your monthly invoice except due to unplanned hospitalisation or a medical emergency.