

# Timetable - Victor Harbor

AM	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	CORNHILL ROAD	TORRENS STREET	CORNHILL ROAD	TORRENS STREET	CORNHILL ROAD	TORRENS STREET	CORNHILL ROAD	TORRENS STREET	CORNHILL ROAD	TORRENS STREET
8:00 to 8:45	Strength for life		Open gym		Conditioning		Strength for life		Conditioning	
9:00 to 9:45	Conditioning		*Neurological rehabilitation		Strength for life		Circuit		Strength for life	
10:00 to 10:45	Strong and stable		*Neurological rehabilitation		Conditioning		Open gym		Circuit	
11:00 to 11:45			Conditioning		Circuit		Core strength		Strong and stable	
PM										
1:00 to 1:45	Conditioning		Balance		Conditioning		Balance		Strength for life	
2:00 to 2:45	Open gym		Boxercise				Strength for life		Conditioning	
3:00 to 3:45	Tai chi		Chi ball		Strength for life					

Please note that an ECH assessment is required prior to commencing a new class and bookings are essential.  
Timetable effective as of 1 May 2019 and is subject to change.

33 Cornhill Road, Victor Harbor SA 5211 | 1-7 Torrens Street, Victor Harbor SA 5211  
For enquiries or bookings please call ECH on **1300 275 324** or email [ask@ech.asn.au](mailto:ask@ech.asn.au)

# Exercise Classes

## **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 class 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 class 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 class keeps fitness and interest levels high as participants move between stations, facilitated by an accredited Exercise Physiologist and 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 class 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 class. Facilitated by a trained health professional, this floor based class 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.

## **OPEN GYM**

Make use of the professional open gym facilities while working to a health care professional agreed program. These sessions are booked in advance and supervised by a qualified Fitness Instructor or Exercise Physiologist.

# Group Session

**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 class 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 class focuses on strengthening, stretching and balance exercises, as well as improving walking abilities.

