

# Timetable - College Grove

AM	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
	GYM	GROUP	POOL	GYM	GROUP	POOL	GYM	GROUP	POOL	GYM	GROUP	POOL	GYM	GROUP	POOL
8:00 to 8:45	Strength for life			Strength for life			Strength for life			Strength for life			Circuit		
9:00 to 9:45	Conditioning	Core strength		Circuit			Strength for life			Conditioning			Circuit		
10:00 to 10:45	Circuit	Boxercise		Conditioning			Strong and stable	Core Strength		Conditioning			Conditioning		
11:00 to 11:45	Strong and stable		Aqua	Conditioning			Conditioning			Strong and stable			Conditioning		
12:00 to 12:45									Aqua						
1:00 to 1:45	Conditioning		Aqua	Balance			Circuit		Aqua	Balance					
2:00 to 2:45	Conditioning			Strength for life			Neuro Rehab*	Chi ball		Strength for life					

Please note that an ECH assessment is required prior to commencing a new program and bookings are essential. Timetable effective as of 4 Sep 2020 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\*

## **AQUATIC AEROBICS**

Maintain regular exercise and increase your fitness levels through this moderate to high intensity pool-based circuit program which combines cardiovascular fitness with muscle endurance.

## **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 Leader.

## **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.

**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.

