

Timetable – Victor Harbor

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	GYM	GYM	GYM	GYM	GYM
8:00 to 8:45	Strength for life	Strength for life	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	Strength for life	Circuit
11:00 to 11:45	Tai chi	Strength for life	Circuit	Circuit	Strong and stable
PM					
1:00 to 1:45	Conditioning	Balance	Conditioning	Core strength	Strength for life
2:00 to 2:45	Circuit		Conditioning	Strength for life	Conditioning
3:00 to 3:45			Strength for life		

Please note that an ECH assessment is required prior to commencing a new Allied Health Group Program and bookings are essential. Timetable effective as of 11 March 2022 and is subject to change.

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

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 class offers physical activity with alternating periods of high and low intensity which can assist with stress relief and weight loss.

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 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.

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.