

Timetable - Encore

Everyone is welcome to join in the fun at our group classes at Encore, you don't have to be a resident to take part.

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------|--------------|-------------------|-------------------|--------------|-------------------|
| | GYM | GYM | GYM | GYM | GYM |
| Morning | | | | | |
| 10:00 to 10:45 | Conditioning | Strength for Life | Strength for Life | Circuit | Strength for Life |
| 11:00 to 11:45 | Conditioning | Conditioning | Circuit | Conditioning | Conditioning |
| Afternoon | | | | | |
| 2:00 to 2:45 | Circuit | Strength for Life | Strength for Life | Conditioning | Circuit |

Please note that an ECH assessment is required prior to commencing a new program and bookings are essential. Timetable effective as of 11 May 2022 and is subject to change.

ECH Encore Apartments, 85 Smart Road, Modbury SA 5092
 For enquiries or bookings call ECH on **1300 275 324**, email ask@ech.asn.au
 or speak to Encore Apartments Reception



Allied Health Group Programs*

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.

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.

*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.

