

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 |
|-----------------------|------------------------------------|--|-----------------------------------|------------------------------------|-----------------------------------|
| Morning | | | | | |
| 9:00 to 9:45 | Tai Chi (Community Hall) | Core Strength (Community Hall) | Conditioning (Gym) | Tai Chi (Community Hall) | Conditioning (Gym) |
| 10:00 to 10:45 | Strength for Life (Gym) | Strength for Life (Gym) | Strength for Life (Gym) | Strength for Life (Gym) | Strength for Life (Gym) |
| 11:00 to 11:45 | Conditioning (Gym) | Conditioning (Gym) | Strength for Life (Gym) | Boxercise (Gym) | Conditioning (Gym) |
| Afternoon | | | | | |
| 2:00 to 2:45 | Strong and Stable (Gym) | Strength for Life (Gym) | | | |

Please note that an ECH assessment is required prior to commencing a new program and bookings are essential. Timetable effective as of 17 April 2023 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*

TAI CHI

Discover Tai Chi and learn relaxing exercises focusing on breathing, balance and posture. Program is facilitated by a Fitness Instructor.

BOXERCISE

Combining gentle martial arts moves with strengthening exercises, Boxercise can help you increase your cardiovascular fitness, helping to keep your heart and lungs healthy.

CONDITIONING

Build strength and aerobic fitness levels through an individualised, moderately paced program designed to address specific chronic health conditions.

STRENGTH FOR LIFE

Strength training is an important contributor to maintaining a mobile and healthy lifestyle. 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.

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.



*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.