

Timetable - Encore

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------|-----------------------------|-----------------------------------|----------------------------|----------------------------|----------------------------|
| AM | GYM | GYM | GYM | GYM | GYM |
| 9:00 to 9:45 | Tai Chi (Community Hall) | Core Strength (Community Hall) | Conditioning (Gym) | Circuit (Gym) | 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) | Conditioning (Gym) | Conditioning (Gym) |
| PM | | | | | |
| 1:00 to 1:45 | | Conditioning (Gym) | | Conditioning (Gym) | |
| 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 Allied Health Group Program and bookings are essential. Timetable effective as of 2 December 2024 and is subject to change.

ECH Encore Apartments, 85 Smart Road, Modbury SA 5092

For enquiries or bookings please call ECH on 1300 275 324 or email ask@ech.asn.au

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.

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.

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.

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.

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.



*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.