

# Timetable - Encore

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	GYM	GYM	GYM	GYM	GYM
9:00 to 9:45	<b>Tai Chi</b> (Community Hall)	<b>Core Strength</b> (Community Hall)	<b>Conditioning</b> (Gym)	<b>Circuit</b> (Gym)	<b>Conditioning</b> (Gym)
10:00 to 10:45	<b>Strength for Life</b> (Gym)	<b>Strength for Life</b> (Gym)	<b>Strength for Life</b> (Gym)	<b>Strength for Life</b> (Gym)	<b>Strength for Life</b> (Gym)
11:00 to 11:45	<b>Conditioning</b> (Gym)	<b>Conditioning</b> (Gym)	<b>Strength for Life</b> (Gym)	<b>Conditioning</b> (Gym)	<b>Conditioning</b> (Gym)
PM					
1:00 to 1:45		<b>Conditioning</b> (Gym)		<b>Conditioning</b> (Gym)	
2:00 to 2:45	<b>Strong and Stable</b> (Gym)	<b>Strength for Life</b> (Gym)		<b>Balance</b> (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 30 January 2025 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](mailto: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.

## 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.



\*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.