Timetable - Henley Beach

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	GYM	GROUP	GYM	GROUP	GYM	GROUP	GYM	GROUP	GYM	GROUP
8:00 to 8:45 AM	Strength for life		Strength for life		Strength for life		Strength for life		Strength for life	
9:00 to 9:45 AM	Conditioning	Tai chi	Strength for life	Core strength	Circuit	Tai chi	Strength for life	Core strength	Circuit	Core strength
10:00 to 10:45 AM	Strength for life		Conditioning		Conditioning	Core strength	Conditioning	Core strength	Strength for life	Strong and stable
11:00 to 11:45 AM	Strength for life	Core strength	Conditioning	Tai chi	Conditioning	Strong and stable	Conditioning	Strong and stable	Conditioning	
12:00 to 12:45 PM	Conditioning	**Neurological rehabilitation (Laidlaw Gym)	Strength for life		Strength for life		Strength for life		**Neurological rehabilitation (Laidlaw Gym)	
1:00 to 1:45 PM	Circuit	Balance	Strong and stable		Strength for life		Strength for life	Balance	Strength for life	Balance
2:00 to 2:45 PM	Strong and stable		Strength for life		Conditioning		Conditioning		Strong and stable	
3:00 to 3:45 PM	Strength for life		Conditioning		Strength for life		Strength for life		Conditioning	

AECH1411

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 12 October 2026 and is subject to change.

168a Cudmore Terrace, Henley Beach, SA, 5022

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

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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.

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.

**This session is for a specific health condition and bookings are essential. If you are interested in attending please call 1300 275 324.

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.

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