

# Exercise Class Timetable

|                             | <i>Monday</i>                       | <i>Tuesday</i>   | <i>Wednesday</i>                       | <i>Thursday</i>  | <i>Friday</i>                          |
|-----------------------------|-------------------------------------|--|--|--|--|
| <b>Age Well Fitness</b>     | North Adelaide<br>9:00am<br>10:30am | Parafield Gardens<br>9:00am<br>10:30am<br>1:00pm<br>2:30pm   | Parafield Gardens<br>9:00am<br>10:30am | North Adelaide<br>9:30am<br>12:30pm                        | Parafield Gardens<br>9:00am<br>10:30am |
| <b>Dance for Balance</b>    | Parafield Gardens<br>2:30pm         |  |  |  |  |
| <b>Hydrotherapy</b>         | Parafield Gardens<br>2:00pm         | Parafield Gardens<br>2:00pm                                  | Parafield Gardens<br>12:00pm           | Parafield Gardens<br>2:00pm                                |  |
| <b>Strength and Balance</b> |                                     |  | Parafield Gardens<br>2:30pm            | Parafield Gardens<br>9:00am<br>10:15am<br>1:00pm<br>2:15pm |  |
| <b>Tai Chi</b>              | Parafield Gardens<br>10:15am        |  | Surrey Downs<br>1:30pm                 |  |  |
| <b>Chair Yoga</b>           |                                     | Parafield Gardens<br>10:00am<br><br>North Adelaide<br>1:00pm |  |  |  |

# Exercise Class Descriptions

## Age Well Fitness

Using a range of gym equipment, participants can be challenged at a level that suits their needs. Supervised by exercise physiologists, participants are provided with an individualised exercise program to achieve their specific fitness goals.

## Dance for Balance

A low impact Latin style dance class designed to improve strength, balance and coordination. Led by a physiotherapist and tailored to participants' abilities, no dance experience is necessary. Participants can learn solo or with a partner.

## Hydrotherapy

Low impact individualised water-based rehabilitation designed to improve pain, balance, mobility and overall physical health. Perfect for those recovering from injury or orthopedic surgery. Classes are supervised by a physiotherapist.

## Strength and Balance

A strength and balance exercise class completed as a group in a fun and friendly environment. Led by a physiotherapist, participants can improve overall physical ability and feel steadier on their feet.

## Tai Chi

Graceful movements, deep breathing and relaxation techniques designed to enhance balance flexibility, strength, and mental wellbeing. Led by a qualified Tai Chi instructor, our classes are suitable for all fitness levels.

## Chair Yoga

Chair yoga, adapted from traditional yoga, has poses and stretches using a chair for balance or sitting. Classes can improve balance, flexibility and wellbeing. Coordinated by our occupational therapy and social work teams, chair yoga is suitable for all levels of fitness.

Contact us on 1300 444 663 or [homecare@helpinghand.org.au](mailto:homecare@helpinghand.org.au) to find out more