

## PHYSICAL HEALTH

<b>Aqua Fitness</b>	Improving your endurance, strength and balance
<b>Hydrotherapy</b>	Relaxation and resistance exercise in a warm pool
<b>Stronger Today</b>	Focusing on muscle strength, get strong and stay strong

## SOCIAL HEALTH

<b>I Create</b>	Create art and craft through interesting and achievable projects with the opportunity to unleash your individual flare
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## WELLNESS

<b>Better Balance</b>	Feel more confident on your feet
<b>Better Hands</b>	Relieve hand pain and increase hand function
<b>Pilates</b>	Increase your flexibility, postural awareness and strength
<b>Think Gym</b>	Challenge your minds and memory through a range of activities



**Physical Health**



**Social Health**



**Wellness**



**Timetable  
Carmelite**



**Carmelite**  
Health & Wellness Centre  
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**Health & Wellness**

**Better  
for life®**

Southern Cross Care (SA, NT & VIC) Inc.  
Health & Wellness Timetable - Carmelite August 2021

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MONDAY	Class		
9.00	Stronger Today	Pilates*	Aqua Fitness
10.00	Stronger Today		
11.00	Stronger Today		
1.00	Stronger Today		Hydro-therapy*
2.00	Stronger Today		Hydro-therapy*
3.00	Stronger Today		

TUESDAY	Class		
8.00	Stronger Today		
9.00	Stronger Today	Circuit	
10.00	Stronger Today	Think Gym*	Aqua Fitness
11.00	Stronger Today	Better Hands*	
1.00	Stronger Today	Better Hands*	Aqua Fitness
2.00	Stronger Today		Hydro-therapy*
3.00	Stronger Today		

WEDNESDAY	Class		
9.00	Stronger Today		Aqua Fitness
10.00	Stronger Today	I Create	
11.00	Stronger Today		
1.00	Stronger Today		Hydro-therapy*
2.00	Stronger Today		

THURSDAY	Class		
8.00	Stronger Today		
9.00	Stronger Today		Aqua Fitness
10.00	Stronger Today	Pilates*	Hydro-therapy*
11.00	Stronger Today	Better Balance*	Hydro-therapy*
1.00	Stronger Today		
2.00	Stronger Today		
3.00	Stronger Today		

FRIDAY	Class		
9.00	Stronger Today		
10.00	Stronger Today		Aqua Fitness
11.00	Stronger Today		
1.00	Stronger Today		Aqua Fitness
2.00	Stronger Today		



All classes are 60 minutes in length, apart from pool based classes which run for 45 minutes and I Create which runs for 120 minutes.

#### Private Health Insurance rebates available\*

Did you know that you can use your private health insurance to save money on some of our classes.

Our friendly staff can assist you clarify appropriate funding options and your out of pocket expenses.

\*Only available on selected classes. Rebates are determined by your health insurance provider.