



**Timetable**  
Oakfield Rise

## PHYSICAL HEALTH

**Stronger  
Today**

Individualised exercise  
in a group setting to help  
you manage your health



**Oakfield Rise Community Centre**  
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Health & Wellness Timetable - Oakfield\_March2023

**Better  
for life®**

**Better  
for life®**



<b>MONDAY</b>	<b>Class</b>
<b>9.00</b>	Stronger Today
<b>10.00</b>	Stronger Today
<b>11.00</b>	Stronger Today
<b>1.00</b>	Stronger Today

<b>TUESDAY</b>	<b>Class</b>
<b>9.00</b>	Stronger Today
<b>10.00</b>	Stronger Today
<b>11.00</b>	Stronger Today

<b>WEDNESDAY</b>	<b>Class</b>
<b>9.00</b>	Stronger Today
<b>10.00</b>	Stronger Today
<b>11.00</b>	Stronger Today
<b>1.00</b>	Stronger Today

<b>THURSDAY</b>	<b>Class</b>
<b>9.00</b>	Stronger Today
<b>10.00</b>	Stronger Today
<b>11.00</b>	Stronger Today

<b>FRIDAY</b>	<b>Class</b>
<b>9.00</b>	Stronger Today
<b>10.00</b>	Stronger Today
<b>11.00</b>	Stronger Today

Onsite physio and massage appointments are also available.

Ask our staff about private health insurance rebates and how to lower your out of pocket expenses.

To book a class, call 8946 1824