PHYSICAL HEALTH

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

SOCIAL HEALTH

I Create	Create art and craft through interesting and achievable projects with the opportunity to unleash your individual flare

WELLNESS

Better Hands	Relieve hand pain and increase hand function
Pilates	Increase your flexibility, postural awareness and strength

Physical Health

Social Health

Wellness

Carmelite
Health & Wellness Centre
7 Spence Avenue
Myrtle Bank SA 5064
8433 0475

SouthernCrossCare.com.au

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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		
9.00	Stronger Today	Circuit	
10.00	Stronger Today		Aqua Fitness
11.00	Stronger Today	Better Hands*	
1.00	Stronger Today	Better Hands*	Aqua Fitness
2.00	Stronger Today		
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		
9.00	Stronger Today		Aqua Fitness
10.00	Stronger Today		Hydro-therapy*
11.00	Stronger Today		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		

60 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.

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