

## PHYSICAL HEALTH

<b>Aqua Fitness</b>	Improving your endurance, strength and balance
<b>Hydrotherapy</b>	Relaxation and individual exercise program in a warm pool
<b>Stronger Today</b>	Individualised exercise in a group setting to help you manage your health

## SOCIAL HEALTH

<b>I Create</b>	Create art and craft through interesting projects and unleash your individual flare
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## WELLNESS

<b>Better Hands</b>	Relieve hand pain and increase hand function
<b>Parkinson's Group</b>	Exercises to help maximise mobility in people with Parkinson's Disease
<b>Pilates</b>	Increase your flexibility, postural awareness and strength
<b>Tai Chi™</b>	Gentle exercise with mind, body and balance benefits



**Physical Health**



**Social Health**



**Wellness**



**Timetable**

The Philip Kennedy Centre



**The Philip Kennedy Centre  
Health & Wellness Centre**

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**Health & Wellness**

[SouthernCrossCare.com.au](http://SouthernCrossCare.com.au)

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Health & Wellness Timetable - PKC January 2024

**Better  
for life®**

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MONDAY	Class	
8.00	Stronger Today	
9.00	Stronger Today	Aqua Fitness
10.00	Stronger Today	Aqua Fitness
11.00	Stronger Today	Tai Chi™ (11.15am)
1.00	Stronger Today	
2.00	Stronger Today	
3.00	Stronger Today	

TUESDAY	Class		
9.00	Stronger Today	Aqua Fitness	Circuit Class
10.00	Stronger Today	Aqua Fitness	Better* Hands
11.00	Stronger Today	Pilates*	
1.00	Stronger Today		
2.00	Stronger Today	Better* Hands	

WEDNESDAY	Class	
9.00	Stronger Today	Hydro therapy*
10.00	Stronger Today	Hydro therapy*
11.00	Stronger Today	Hydro therapy*
1.00	Stronger Today	
2.00	Stronger Today	
3.00	Stronger Today	

THURSDAY	Class		
9.00	Stronger Today	Aqua Fitness	Circuit Class
10.00	Stronger Today		
11.00	Stronger Today		
1.00	Stronger Today		
2.00	Stronger Today	I Create (2.00pm -3.30pm)	
3.00	Stronger Today	I Create (2.00pm -3.30pm)	

FRIDAY	Class	
8.00	Stronger Today	
9.00	Stronger Today	Aqua Fitness
10.00	Parkinson's Group*	
11.00	Stronger Today	
1.00	Stronger Today	Hydro therapy*
2.00	Stronger Today	Hydro therapy*
3.00	Stronger Today	Hydro therapy*

**\*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.