

Class Information

All classes are 60 minutes in length, apart from pool based classes which run for 45 minutes.

Physical Health



Aqua Fitness

Improving your endurance, strength and balance.



Circuit Class

High intensity session focused on improving strength and fitness.



Stretch & Strength

Improve functional strength, mobility and flexibility



Stronger Today

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

Social Health



I Create

Create art and craft through interesting projects and unleash your individual flare.

Wellness



Hydrotherapy

Individualised program for rehabilitation, injury and pain management.



Pilates

Increase your flexibility, postural awareness and strength.



Carmelite Health & Fitness Centre

7 Spence Avenue,
Myrtle Bank 5064

1800 920 492

SouthernCrossCare.com.au

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for life[®]**

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H&F Timetable - Carmelite 03|2025



Timetable Carmelite



**Better
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Carmelite

Weekly Class Timetable

 Stronger Today

 Aqua Fitness
















































 Stretch & Strength

 Circuit Class

 I Create

 Hydrotherapy

 Pilates

	Monday		Tuesday		Wednesday			Thursday		Friday	
9am											
10am											
11am											
1pm											
2pm											
3pm											

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.

Rebates are determined by your health insurance provider.



Timetable classes and times correct as at time of printing.

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