



Timetable *Goolwa*



**Goolwa
Health, Fitness and Home Care**

1 Wildman Street,
Goolwa 5214

1800 920 492
SouthernCrossCare.com.au

**Better
for life[®]**

Southern Cross Care (SA, NT & VIC) Inc.
ARBN 129 895 905, South Australia, liability limited
H&F Timetable - Goolwa 04|2025

**Better
for life[®]**

Goolwa

Weekly Class Timetable

















Stronger Today

The Stronger Today program combines current evidence with best practice to build muscle strength, improve balance and manage any health problems you have.



Respite Group

High-quality short-term care that caters for each client's individual needs.

	Monday	Tuesday	Wednesday	Thursday	Friday
9am					
10am					
11am					
11.30am					
1pm					

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.

Better
for life®

