

Class Information

Physical Health



Aqua Fitness

Improving your endurance, strength and balance.



Stronger Today

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



Circuit Class

High intensity session focused on improving strength and fitness.

Social Health



I Create

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

Wellness



Better Hands

Relieve hand pain and increase hand function.



Better Moves

Gentle exercise with mind, body and balance benefits.



Hydrotherapy

Relaxation and individual exercise program in a warm pool.



Parkinson's Group

Exercises to help maximise mobility in people with Parkinson's Disease.



Pilates

Increase your flexibility, postural awareness and strength.



The Philip Kennedy Centre Health & Fitness Centre

477-479 Military Road,
Largs Bay 5016

1800 920 492

SouthernCrossCare.com.au

Better for life®

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H&F Timetable - PKC 03|2025



Timetable

The Philip Kennedy
Centre




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The Philip Kennedy Centre Weekly Class Timetable

 Stronger Today

 Circuit Class

 Aqua Fitness

 I Create



























































 Hydrotherapy

 Pilates

 Better Hands

 Better Moves

 Parkinson's Group

	Monday	Tuesday	Wednesday	Thursday	Friday
8am					
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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