

## Class Information

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

### Physical Health



#### Dance Class

Improve your balance, coordination and your cardiovascular capacity.



#### 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



#### Better Hands

Relieve hand pain and increase hand function.



#### Chi Ball

Improve your strength, core stability, mobility, concentration and help with anxiety and stress



#### Hydrotherapy

Relaxation and individual exercise program in a warm pool.



#### Pilates

Increase your flexibility, postural awareness and strength.



## Timetable The Pines



**The Pines  
Health & Fitness Centre**  
336 Marion Road,  
North Plympton 5037

1800 920 492  
[SouthernCrossCare.com.au](http://SouthernCrossCare.com.au)

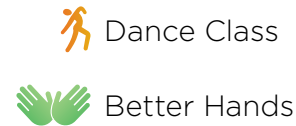
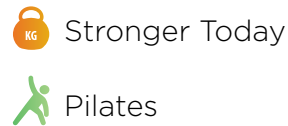
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H&F Timetable - The Pines 03|2025

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# The Pines

## Weekly Class Timetable



	Monday	Tuesday	Wednesday	Thursday	Friday
7am					
8am					
9am					
10am					
11am					
1pm					
2pm					
3pm					

\*Hydrotherapy held at Carmelite Health & Fitness Centre. Bus leaves 1.30pm from The Pines Health & Fitness Centre and returns back after the class.

### 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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