

Class Information

Physical Health



Aqua Fitness

Improving your endurance, strength and balance.



Circuit Class

High intensity session focused on improving strength and fitness.



Hydrotherapy

Individualised program for rehabilitation, injury and pain management.



Pilates

Focus on increasing your core stability, strength and flexibility.



Stretch & Strength

Improve functional strength, mobility and flexibility.



Stronger Today

Complete your individualised exercise program in a supervised group setting.

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.



Timetable Carmelite

Bookings essential*

Please note that an assessment by an Allied Health clinician is required prior to commencing.



Carmelite Health & Fitness Centre

7 Spence Avenue,
Myrtle Bank 5064

1800 920 492

SouthernCrossCare.com.au

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H&F Timetable - Carmelite - 01|2026



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Carmelite

Weekly Class Timetable

 Stronger Today

 Aqua Fitness

 Stretch & Strength

 Circuit Class


















































 I Create

 Hand Therapy

 Hydrotherapy

 Pilates

Bookings essential*

	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.

* Bookings essential

Bookings are essential for all classes so that we can ensure safe staffing levels and so that every client attends the most appropriate classes for their health and wellbeing.



Timetable classes and times correct as at time of printing.

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