

# Class Information

## Physical Health



### Aqua Fitness

Improving your endurance, strength and balance.



### Circuit Class

High intensity session focused on improving strength and fitness.



### Hydrotherapy

Relaxation and individual exercise program in a warm pool.



### Stronger Today

Complete your individualised exercise program in a supervised group setting.



### Pilates

Focus on increasing your core stability, strength and flexibility.

## 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.



### Parkinson's Group

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



## Timetable

The Philip Kennedy Centre

Bookings essential\*

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



The Philip Kennedy Centre  
Health & Fitness Centre

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Largs Bay 5016

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[SouthernCrossCare.com.au](http://SouthernCrossCare.com.au)

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H&F Timetable - PKC 01|2026



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# The Philip Kennedy Centre Weekly Class Timetable



Aqua Fitness



Better Hands



Better Moves



Circuit Class



Hydrotherapy



I Create



Pilates



Parkinson's Group



Stronger Today

Bookings essential\*

	Monday	Tuesday	Wednesday	Thursday	Friday
8am	KG		KG	KG	KG
9am	KG, Aqua Fitness	KG, Aqua Fitness, Circuit Class	KG, Hydrotherapy	KG, Aqua Fitness, Circuit Class	Aqua Fitness
10am	KG, Aqua Fitness	KG, Aqua Fitness, Better Hands	KG, Hydrotherapy	KG, Hydrotherapy	Parkinson's Group
11am	KG, Better Moves	KG, Pilates	KG, Hydrotherapy, Better Moves	KG, Hydrotherapy, Pilates	KG, Pilates
1pm	KG	KG	KG, Better Hands	KG	KG, Hydrotherapy
2pm	KG	KG, Better Hands	KG	KG, I Create	KG, Hydrotherapy
3pm	KG		KG	KG	KG, Hydrotherapy

## 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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