

Class Information

Physical Health



Dance Class

Improve your balance, coordination and your cardiovascular capacity.



Hydrotherapy

Relaxation and individual exercise program in a warm pool.



Osteoporosis Class

A group exercise class designed for people with Osteoporosis.



Pilates

Focus on increasing your core stability, strength and flexibility.



Stronger Today

Complete your individualised exercise program in a supervised group setting.

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.



Timetable The Pines

Bookings essential*

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



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

1800 920 492
SouthernCrossCare.com.au

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H&F Timetable - The Pines 01|2026



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The Pines

Weekly Class Timetable

 Better Hands

 Chi Ball

 Dance Class











































 Hydrotherapy

 Osteoporosis Class

 Pilates

 Stronger Today

Bookings essential*

	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.

* 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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