

# 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

Support for joint flexibility, dexterity, and general hand function.



### Better Moves

Gentle exercise with mind, body and balance benefits.



### Parkinson's Group

Exercise sessions tailored to help maintain movement and strength for people with Parkinson's Disease.

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

Outcomes vary between individuals. Class suitability, benefits, and health outcomes depend entirely on an individual clinical assessment by our registered health professionals.



### The Philip Kennedy Centre Health & Fitness Centre

477-479 Military Road,  
Largs Bay 5016

1800 920 492

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

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H&F Timetable - PKC 06|2026



## Timetable

The Philip Kennedy Centre

Bookings essential\*



# Better for life<sup>®</sup>

# 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					
9am					
10am					
11am					
1pm					
2pm					
3pm					

### Private Health Insurance rebates available

Private Health Insurance rebates may be available for eligible clinical health classes. Rebates are fund-dependent and typically require an initial assessment by a registered Allied Health practitioner. Please check item numbers with your provider. Our friendly staff can also assist you in clarifying appropriate funding options.

### \* 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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