

# Class Information

## Physical Health



### Circuit Class

High intensity session focused on improving strength and fitness.



### Osteoporosis Class

A group exercise class delivered by a registered Exercise Physiologist, designed to support individuals managing bone density health through tailored strength and resistance exercises.



### 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

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



### Chi Ball

Improve your strength, core stability, and mobility while promoting general relaxation and overall wellbeing.



## Timetable The Pines

Bookings essential\*

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 Pines  
Health & Fitness Centre**  
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North Plympton 5037

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

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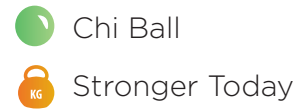
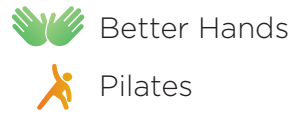
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H&F Timetable - The Pines 06|2026



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# The Pines

## Weekly Class Timetable



Bookings essential\*

	Monday	Tuesday	Wednesday	Thursday	Friday
7am					
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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