

# 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 programs designed to support injury rehabilitation and pain management goals.



### 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

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

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.



### Carmelite Health & Fitness Centre

7 Spence Avenue,  
Myrtle Bank 5064

1800 920 492

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

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H&F Timetable - Carmelite - 07/2026



## Timetable Carmelite

Bookings essential\*



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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  |        |  |         |  |           |  |          |  |        |  |

\*I Create class starts at 10.30am

### 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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