



Group Exercise Session Timetable

(effective 1st July 2010)

Phone: 7002 9696

	Monday	Tuesday	Wednesday	Thursday	Friday
9:30am		Diabetes Support			
10:30am		Easy Moves		Easy Moves	
11:30am					
12:30pm					
1:30pm					
2:30pm					
3:30pm					
4:30pm					
5:30pm		Heartmoves			
6:30pm		Diabetes Support			

523 Lower North East Road
Campbelltown SA 5075

278 Unley Road
Hyde Park SA 5061

Bookings must be made for all sessions

Staying Healthy & Physically Active

Staying Healthy and Physically Active is aimed at reducing occurrence of and injury sustained due to falls in the older population. The *Staying Healthy and Physically Active* programme encompasses a holistic approach with the main focus being on exercise to maintain strength and balance. Each week is comprised of a half hour education programme and a half hour progressive exercise programme.

Easy Moves

Easy Moves is a state of the art gentle exercise programme for older adults developed by Active Ageing Australia. Physical activity is the single most significant means whereby individuals can influence their own health and functional ability. The benefits of engaging in physical activity on a regular basis are significant. Physical activity important for the maintenance of mobility and also minimises the risks of ill health.

Gentle Exercise Sessions

Gentle Exercise is suitable for participants with little or no exercise experience. Appropriate for people with injuries or who only want to do gentle exercises.

Intermediate Exercise Sessions

Intermediate Exercise is suitable for participants who have an understanding of basic exercise principles and are of a reasonable level of fitness.

Advanced Exercise Sessions

Advanced Exercise is for participants who want to be challenged at a higher degree of difficulty. Participants need to have undertaken regular exercise previously and not have any current injuries.

Diabetes Support

Diabetes Support encompasses both exercise and education. Topics covered include controlling BSLs, foot care, healthy eating, medications and managing complications. Groups are run at both Unley and Campbelltown locations.

Heartmoves

Heartmoves is a gentle physical activity program suitable for anyone who hasn't done any exercise in a while. You can exercise at your own pace in a friendly atmosphere. Safe for people with health conditions such as heart disease or who may have experienced a cardiac event.

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