

## EAST MELBOURNE EXERCISE TIMETABLE



### IN-PRACTICE CLASSES :

Maximum of 8 people per class, bookings essential.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30AM			SWISE		
9:00AM	FALLS & BALANCE				
9:30AM				SWISE	
10:00AM	HIPS & KNEES				
11:00AM		SWISE			
2:15PM				HIPS & KNEES	

### LIVE STREAM CLASSES:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30 AM	SWISE	STRETCH			STRETCH
11:00AM			SWISE	SWISE	SWISE

**Pricing:** Please note, in-practice classes can be claimed on private health insurance, if you have applicable extras cover. Live stream classes are not claimable. Class packs are valid for 6 months from the date of purchase.

**Live Stream & Video on Demand:** \$35 per week or \$135 per month. Payment gives you access to all live stream classes for the week and complete access to our Video on Demand Library.

#### In-Practice:

Falls & Balance: Casual: \$35 | 5 pack: \$165 (\$33 per class) | 10 pack: \$300 (\$30 per class)

Strengthwise/Hips & Knees: Casual: \$47 | 5 pack: \$220 (\$44 per class) | 10 pack: \$410 (\$41 per class)

#### STRENGTHWISE

Strengthwise is a group fitness class designed to improve and maintain muscle and bone strength using resistance training. Classes also aim to increase balance, mobility and flexibility. Duration: 60 minutes.

#### STRETCH & FLOW

This class is suitable for all ages and fitness levels. In this class we use props to help our bodies stretch comfortably using Yin Yoga inspired principles. (Breath, mindfulness and gentle movement). Designed and instructed by a physiotherapist. Duration: 45 minutes.

#### FALLS & BALANCE

Run by our Exercise Physiologist, this class will help build your strength and confidence to stay healthy and independent. Duration: 45 minutes.

#### HIPS & KNEES

Hips & Knees is a program run by our Exercise Physiologist, for anyone suffering from hip and/or knee pain associated with osteoarthritis regardless of severity. Duration: 60 minutes.

*Current at 07/2022*