



# MoveWell

## AT WOLPER JEWISH HOSPITAL

Wolper's MoveWell Program promotes a healthy and active lifestyle for all members of the community.

Classes include strengthening and conditioning, falls and balance, tai chi, aqua aerobics and circuit classes for people with Parkinson's Disease

All classes are run by Accredited Exercise Physiologists and Physiotherapists.

Health fund rebates may be applicable.

All sessions are offered at Wolper Jewish Hospital.

The MoveWell program is open to all and no doctor's referral is necessary.

For further information, details on fees or to book, call Emma Ugarte on 8324 2296 or email [movewell@wolper.com.au](mailto:movewell@wolper.com.au)

### MOVEWELL CLASS TIMETABLE – October 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:15 – 8:00am	AquaMove	AquaMove	AquaMove	AquaMove	AquaMove	AquaMove
8:10 – 8:55am	AquaMove	AquaMove	AquaMove	AquaMove	AquaMove AquaMove MoveBig 7:45-8:30	AquaMove 8 - 8:45am
11:30 – 12:15pm	MoveStrong	MoveSteady		MoveSteady		
12:30 – 1:15pm	MoveSteady		MoveSteady		MoveStrong	
3:00 – 3:45pm	MoveSteady	MoveStrong	MoveSteady	MoveSteady		
4:00 – 4:45pm		Tai Chi	MoveStrong			
5:00 – 5:45pm	AquaMove	AquaMove	AquaMove	AquaMove	AquaMove	
6:00 – 6:45pm	AquaCore	AquaMove	AquaCore (Womens only)	AquaMove	AquaMove	

For further information and to book your classes contact:

Emma Ugarte on 8324 2296 or Email: [movewell@wolper.com.au](mailto:movewell@wolper.com.au)



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## MOVEWELL CLASS DESCRIPTIONS

### **MoveStrong – Strengthening and Conditioning**

Suitable for participants from the general community that are independent and looking to improve strength, flexibility and fitness. Classes are conducted in a circuit format using exercise machines, free weights and body weight exercises to strengthen the upper and lower body and to improve fitness.

### **MoveSteady – Falls and Balance Class**

Suitable for participants from the general community who are independent or use a walking stick/frame. Exercises focus on balance, leg strength and posture to reduce the use of the aid and prevent falls.

### **Tai Chi- Shibashi- Starting October**

Tai Chi is a gentle form of exercise focusing on slow, controlled movements. Benefits include improvements in strength, posture, balance, mental relaxation and breath control. It is a low impact form of exercise, suitable for those with arthritis and osteoporosis, reduced balance, heart and respiratory conditions and back pain. Shibashi 1 and 2 consist of 36 movements and form the basics of formal Tai Chi. Come along and learn the stepping stones.

### **MoveBig - For people diagnosed with Parkinson's disease**

This circuit class is based on the LSVT Big protocol and focuses on high amplitude, big movements in order to improve strength, balance and confidence.

### **MoveWell Class Fees:**

\$20 per class

\$17 for aged or disability pension card holders

All classes must be purchased in sets of 10 classes

Each class runs for 45 minutes and is supervised by an Exercise Physiologist or Physiotherapist

## AQUA AEROBICS CLASS DESCRIPTIONS

### **AquaMove - Aqua-Aerobics**

Classes focus on increasing and maintaining body strength, flexibility and function via water-based exercise which supports the body and reduces impact on joints.

### **AquaCore – Aqua-based Core Strengthening**

Water-based classes designed to strengthen the deep muscles around the spine as well as the pelvic floor muscles that form your core. Classes are suitable for individuals with pelvic floor weakness, pre/post natal, and those with spinal injuries/conditions.

Women's only Wednesday night 6pm class- focusing on pre/post natal, pelvic floor weakness and postural correction.

*All Aqua classes are conducted in a chlorine-free heated pool. All participants must be continent and safe in the water to attend. Any concerns regarding suitability for the pool based on medical history should be discussed with your GP or staff prior to starting the classes.*

### **AquaMove & AquaCore Fees:**

\$198 per 12 week term (1 x per week) or

\$154 for aged or disability pension card holders.

Fees must be paid in advance.

**Term 4 2016:** Sept 26<sup>th</sup>-Dec 17<sup>th</sup>

**Term 1 2017:** Jan 9<sup>th</sup> – April 1<sup>st</sup>

**Term 2 2017:** April 3<sup>rd</sup> – June 24<sup>th</sup>

For further information and to book your classes contact:

**Emma Ugarte**

Phone: **8324 2296**

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