



MoveWell

AT WOLPER JEWISH HOSPITAL

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

- Classes and programs offered include:
- Aqua-aerobics & aqua-core • General strengthening classes
 - Balance classes • Falls prevention program
 - Parkinson's classes • Tai chi

All sessions are offered at Wolper Jewish Hospital and are open to all members of the community.
 All classes are run by accredited exercise physiologists and physiotherapists.

For further information, details on fees or to book, call Emma Ugarte on 8324 2296 or email movewell@wolper.com.au

MOVEWELL CLASS TIMETABLE : July/August 2017

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

For further information and to book your classes contact:
 Emma Ugarte on 8324 2296 or Email: movewell@wolper.com.au

MOVEWELL CLASS DESCRIPTIONS

MoveStrong – Strengthening and Conditioning

Suitable for community participants that are independent and looking to improve strength, flexibility and fitness. Class is conducted in a circuit format using exercise machines and free weights to strength whole body and improve fitness.

MoveSteady – Falls and Balance Class

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

Tai Chi- Shebashi

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 conditions and back pain.

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.

BackInMotion – Core stability and spinal health Class

Specifically designed for people with chronic lower back pain to target strength, functional movement and flexibility. Exercises aim to improve spinal health and overall body awareness.

MoveWell Class Fees:

\$20 per class

\$17 for aged or disability pension card holders

*All classes must be purchased in sets of 10 classes

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

Classes designed to strengthen the deep muscles around the spine and the pelvic floor muscles via water based exercise. Classes are suitable for individuals with pelvic floor weakness, pre/post natal, and 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 & Aqua Core 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 3 2017: July 3rd – September 23rd

Term 4 2017: September 25th – December 16th

All classes run for 45 minutes and are supervised by an Exercise Physiologist or Physiotherapist
Participants are required to complete a medical clearance form prior to commencing class

For further information and to book your classes contact:

Emma Ugarte

PH: 8324 2296

Email: movewell@wolper.com.au



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