



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 and falls prevention classes
 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 8324 2296 or email movewell@wolper.com.au

AQUA CLASS TIMETABLE : Jan – March 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:15 – 8:00am	AquaMove	AquaMove	AquaMove	AquaMove	AquaMove	
8:10 – 8:55am	AquaMove	AquaMove	AquaMove	AquaMove	AquaMove	AquaMove 8 - 8:45am
5:00 – 5:45pm	AquaMove	AquaMove	AquaMove	AquaMove		
6:00 – 6:45pm	AquaCore	AquaMove	AquaCore	AquaMove		

MOVEWELL CLASS TIMETABLE : Jan – March 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:45 – 8:30am	MoveStrong		MoveBig	MoveStrong	MoveBig	
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	
3:30 – 4:30 pm	BackInMotion (3:45pm)	Tai Chi	BackInMotion (3:45pm)			
4:00 – 4:45pm	MoveSteady	MoveSteady	MoveStrong	MoveStrong		

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 strengthen the 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 includes aerobic exercises in addition to exercises that focus on high amplitude and big movements in order to improve strength, balance and confidence.

BackInMotion – Core stability and spinal health Class

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

MoveWell Class Fees:

Term	Full Rate	Concession Rate
Term 1-3 (10 weeks)	\$200	\$170
Term 4 (13 weeks)	\$220	\$187

* Fees must be paid in advance.

Term 1 2018: March 5th – May 13th

Term 2 2018: May 14th – July 22nd

Term 3 2018: July 30th – October 7th

Term 4 2018: October 8th – December 21st

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:

Term	Full Rate	Concession Rate
Term 1-3 (12 weeks)	\$216	\$168
Term 4 (13 weeks)	\$234	\$182

* Fees must be paid in advance.

Term 1 2018: January 8th – March 31st

Term 2 2018: April 3rd – June 23rd

Term 3 2018: July 2nd – September 22nd

Term 4 2018: September 24th – December 21st

All MoveWell and Aqua Aerobics classes run for 45 minutes and are supervised by an Accredited Exercise Physiologist or Physiotherapist.

Please note that all participants are required to complete a medical clearance form prior to commencing class.

For further information and to book your classes contact:

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Email: movewell@wolper.com.au



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