



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 in our hydrotherapy pool
 - Strength & Conditioning classes
 - Balance and Falls Prevention classes
 - Parkinson's Disease specific classes
 - Pilates style classes
 - Tai chi classes

All sessions are held 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

Time	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
5:00 – 5:45pm	AquaMove	AquaMove	AquaMove	AquaMove		
6:00 – 6:45pm	AquaCore	AquaMove	AquaCore	AquaMove		

GYM CLASS TIMETABLE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:45 – 8:30am	MoveStrong (Level 2)			MoveStrong (Level 2)	MoveBig (Level 2)	
8:30 – 9:15am		CoreInMotion (Level 1)				
11:30 – 12:15pm		MoveBig (Level 2)		MoveStrong (Level 2)		
11:30 – 12:15pm	MoveSteady (Level 2)	MoveSteady (Level 1)	MoveSteady (Level 2)	MoveSteady (Level 1)	MoveSteady (Level 2)	
12:30 – 1:15pm	MoveStrong (Level 2)	MoveSteady (Level 1)	MoveSteady (Level 2)	MoveSteady (Level 1)	MoveStrong (Level 2)	
3:00 – 3:45pm	MoveSteady (Level 2)	MoveStrong (Level 2)	MoveSteady (Level 2)	MoveSteady (Level 2)	MoveSteady (Level 2)	
3:30 – 4:15pm	BackInMotion (Level 2)	Tai Chi (Level 2)	BackInMotion (Level 2)		MoveStrong (Level 2)	
4:00 – 4:45pm	MoveSteady (Level 2)	MoveSteady (Level 2)	MoveStrong (Level 2)	MoveStrong (Level 2)		

MOVEWELL GYM & AQUA CLASSES

MoveStrong – Strengthening and Conditioning

Suitable for 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 participants who are independent or using a walking stick or 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 class includes aerobic exercises and exercises that focus on high amplitude and big movements in order to improve strength, balance and confidence.

CoreInMotion & BackInMotion – Core stability and spinal health class

Pilates inspired class designed to improve core strength, functional movement and flexibility and increase overall body awareness. Our BackInMotion class caters for people with lower back pain or spinal concerns.

AquaMove – Aqua-Aerobics

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

AquaCore – Aqua-based Core Strengthening

Classes focus on strengthening core muscles and are suitable for individuals with pelvic floor weakness, pre/post-natal and spinal injuries/conditions.

Please note that all exercise classes are 45 minutes in duration. All Aqua classes are conducted in our chlorine-free heated pool. All participants must be continent and safe in the water to attend. Please discuss any suitability concerns with your GP or staff prior to commencing exercise.

BOOKING INFORMATION

2019 Gym & Aqua Term Dates

Term	Dates
Term 1	January 7 – April 7 (13 weeks)
Term 2	April 8 – July 7 (13 weeks)
Term 3	July 8 – September 29 (12 weeks)
Term 4	September 30 – December 22 (12 weeks)

Please note that there is no break between terms. Mid-term enrolments are accepted.

2019 Fees

Class	Full Rate	Concession Rate
Gym Classes	\$22/class	\$18/class
Aqua Classes	\$20/class	\$16/class

Please note that fees are paid in advance before the commencement of term.

Bookings

Please note that all participants are required to complete the following forms prior to commencing exercise classes:

1. Medical clearance form
2. Signed terms and conditions

Forms can be found online at www.wolper.com.au or by contacting the MoveWell Coordinator.

For more information and to book into the MoveWell exercise program, please contact the MoveWell Coordinator:

Phone: 8324 2296

Email: movewell@wolper.com.au

