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**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.

## **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 in our hydrotherapy pool which supports the body and reduces impact on joints. Classes 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**

**2020 Gym & Aqua Term Dates**

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| **Term** | **Dates** |
| Term 3 | Mon 6 July – Sun 27 September (12 weeks) |
| Term 4 | Mon 28 September – Sun 20 December (12 weeks) |

Please note that there is no break between terms.

Mid-term enrolments are accepted.

**2020 Fees**

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| **Class** | **Full Rate** | **Concession Rate** |
| Gym & Aqua Classes | $28/class | $24/class |

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

**Bookings**

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

At the time of booking a copy of the terms and conditions will be provided

Forms can be found online at [**www.wolper.com.au**](http://www.wolper.com.au) or by contacting the MoveWell Team.

For more information or to make a booking please contact the MoveWell Team via email **movewell@wolper.com.au** or phone **8324 2296**

