



WOLPER
JEWISH HOSPITAL

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
7:10am – 7:55am	AquaMove	AquaMove	AquaMove	AquaMove	AquaMove	AquaMove
7:45-8:30am						AquaMove
8:10am – 8:55am	AquaMove	AquaMove	AquaMove	AquaMove	AquaMove	AquaMove
8:45-9:30am						AquaMove
4:45 – 5:30pm	AquaMove	AquaMove	AquaMove	AquaMove		
5:45 – 6:30pm	AquaMove	AquaMove	AquaMove	AquaMove		

GYM CLASS TIMETABLE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 – 8:15am	MoveStrong (2nd Floor)	MoveStrong (2nd Floor)		MoveStrong (2nd Floor)	MoveStrong (2nd Floor)	
11:00-11:45am	MoveSteady (1st Floor)	MoveSteady (1st Floor)	MoveSteady (1st Floor)	MoveSteady (1st Floor)	MoveSteady (1st Floor)	
11:30 – 12:15pm		MoveBig Level 2			MoveBig Level 2	
12:30-1:15pm	MoveStrong (2nd Floor)	MoveStrong (2nd Floor)	MoveStrong (2nd Floor)	MoveStrong (2nd Floor)	MoveStrong (2nd Floor)	
12:30- 1:15pm		MoveSteady (1st Floor)				
3:00 – 3:45pm	MoveSteady (2nd Floor)	MoveSteady (2nd Floor)	MoveSteady (2nd Floor)	MoveSteady (2nd Floor)	MoveSteady (2nd Floor)	
3:45 – 4:30pm	BackInMotion (1st Floor)			Tai Chi (1st floor)		
4:00 – 4:45pm	MoveStrong (2nd Floor)	MoveStrong (2nd Floor)	MoveStrong (2nd Floor)	MoveStrong (2nd Floor)	MoveStrong (2nd Floor)	
5:00 – 5:45pm		MoveStrong (2nd Floor)				

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

2022 Gym & Aqua Term Dates

Term	Dates
Term 1	Mon 14 February – Sun 17 April (8 weeks)
Term 2	Mon 18 April – Sun 10 July (12 weeks)
Term 3	Mon 11 July – Sun 2 October (12 weeks)
Term 4	Mon 3 October – Sun 18 December (12 weeks)

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

2021 Fees

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 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**