



WOLPER JEWISH HOSPITAL MoveWell Program

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

All sessions are held at Wolper Jewish Hospital or Beresford Hall Rose Bay 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 |
| 7:10 – 7:55am | AquaMove | AquaMove | AquaMove | AquaMove | AquaMove | AquaMove |
| 7:45 – 8:30am | | | | | | AquaMove |
| 8:10 – 8:55am | AquaMove | AquaMove | AquaMove | AquaMove | AquaMove | |
| 8:45 – 9:30am | | | | | | AquaMove |
| 9:45 – 10:30am | | Aqua @ Beresford Hall | Aqua @ Beresford Hall [9.30-10.15am] | Aqua @ Beresford Hall | | |
| 10:45 – 11:30am | | Aqua @ Beresford Hall | Aqua @ Beresford Hall [10.30-11.15am] | Aqua @ Beresford Hall | | |
| 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) | |
| 11:00-11:45pm | MoveSteady (1st Floor) | MoveSteady (1st Floor) | MoveSteady (1st Floor) | MoveSteady (1st Floor) | MoveSteady (1st Floor) | |
| 11:30 – 12:15pm | | MoveBig (2nd Floor) | | | MoveBig (2nd Floor) | |
| 11:45-12:30pm | MoveStrong (2nd Floor) | MoveStrong (2nd Floor) | MoveStrong (2nd Floor) | MoveStrong (2nd Floor) | MoveStrong (2nd Floor) | |
| 12:30-1:15pm | MoveStrong (2nd Floor) | MoveStrong (2nd Floor) | MoveStrong (2nd Floor) | MoveStrong (2nd Floor) | MoveStrong (2nd 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) | | | | | |
| 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) | | | 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.

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.

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

2023 Gym & Aqua Term Dates

| Term | Dates |
|--------|---|
| Term 1 | Mon 9 Jan – Thurs 6 April (13 weeks) |
| Term 2 | Tues 11 April – Sat 1st July (12 weeks) |
| Term 3 | Mon 3 July – Sat 23 September (12 weeks) |
| Term 4 | Mon 25 September – Sat 16 December (12 weeks) |

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

2023 Fees - from 1st July, 2023

| Class | Full Rate | Concession Rate |
|--------------------|------------|-----------------|
| Gym & Aqua Classes | \$30/class | \$26/class |
| Full Term | \$360 | \$312 |

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**

Locations

Wolper Jewish Hospital – 8 Trelawney St, Woollahra

Beresford Hall – 1 Cranbrook Rd, Rose Bay

