

GYM CLASS TIMETABLE

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|
| 7:30 – 8:15am | MoveStrong (2 nd Floor) | MoveStrong (2 nd Floor) | | MoveStrong (2 nd Floor) | MoveStrong (2 nd Floor) |
| 9.30-10.15am | | | MoveStrong (Beresford Hall) | | |
| 10.30-11.15am | | MoveStrong (Beresford Hall) | | MoveStrong (Beresford Hall) | |
| 11:00-11:45am | MoveSteady (1 st Floor) | MoveSteady (1 st Floor) | MoveSteady (1st Floor) | MoveSteady (1st Floor) | MoveSteady (1st Floor) |
| 11:30 – 12:15pm | | MoveBig (2 nd Floor) | | | MoveBig (2 nd Floor) |
| 11:45-12:30pm | MoveStrong (2 nd Floor) | MoveStrong (2 nd Floor) | MoveStrong (2 nd Floor) | MoveStrong (2 nd Floor) | MoveStrong (2 nd Floor) |
| 12:30- 1:15pm | MoveStrong (2 nd Floor) | MoveStrong (2 nd Floor) | MoveStrong (2 nd Floor) | MoveStrong (2 nd Floor) | MoveStrong (2 nd Floor) |
| 1:15- 2:00pm | MoveStrong (2 nd Floor) | MoveStrong (2 nd Floor) | MoveStrong (2 nd Floor) | MoveStrong (2 nd Floor) | MoveStrong (2 nd Floor) |
| 3:00- 3:45pm | MoveSteady (2 nd Floor) | MoveSteady (2 nd Floor) | MoveSteady (2 nd Floor) | MoveSteady (2 nd Floor) | MoveSteady (2 nd Floor) |
| 3:45- 4:30pm | MoveStrong (2 nd Floor) | | | | |
| 4:00- 4:45pm | MoveStrong (2 nd Floor) | MoveStrong (2 nd Floor) | MoveStrong (2 nd Floor) | MoveStrong (2 nd Floor) | MoveStrong (2 nd Floor) |
| 5:00- 5:45pm | | MoveStrong (2 nd Floor) | | | |

AQUA CLASS TIMETABLE

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------|----------|-----------------------|-----------------------|-----------------------|----------|----------|
| 7:10 – 7:55am | AquaMove | AquaMove | AquaMove | AquaMove | AquaMove | |
| 7:45 – 8:30am | | | | | | AquaMove |
| 8:10 – 8:55am | AquaMove | AquaMove | AquaMove | AquaMove | AquaMove | |
| 8:45 – 9:30am | | | | | | AquaMove |
| 9:30 – 10:15am | | Aqua @ Beresford Hall | | Aqua @ Beresford Hall | | |
| 10:30-11:15am | | | Aqua @ Beresford Hall | | | |
| 11.30-12.15am | | Aqua @ Beresford Hall | | Aqua @ Beresford Hall | | |
| 4:45 – 5:30pm | AquaMove | AquaMove | AquaMove | AquaMove | | |
| 5:45 – 6:30pm | AquaMove | AquaMove | AquaMove | AquaMove | | |



WOLPER
JEWISH HOSPITAL

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

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 2261 or email movewell@wolper.com.au



MOVEWELL GYM & AQUA CLASSES

All classes require that you are independently mobile (this may be with a stick or frame). All exercise classes are 45 minutes in duration. Please discuss any suitability concerns with your GP or staff prior to commencing exercise.

MoveStrong – Strengthening and Conditioning

Exercises that focus on strength, fitness and flexibility. Good for those wanting to maintain or improve overall fitness with a combination of upper body, lower body and functional exercises.

MoveSteady – Falls and Balance Class

Exercises that focus on strength and balance to assist confidence in walking and everyday life. Good for those who are feeling unsteady, have a fear of falling or would like to increase confidence with mobility.

MoveBig – For people diagnosed with Parkinson’s disease

High amplitude big movement exercises to improve strength, balance and confidence.

AquaMove – Aqua-Aerobics

Low impact water based exercises that focus on strength, fitness and flexibility. Good for those who suffer from aches and pain in their joints or those that love the water. All Aqua classes are conducted in a chlorine-free heated pool. All participants must be continent and safe in the water to attend. Aqua class participants are required to be able to get themselves dressed before and after the class.

BOOKING INFORMATION

2024 Gym & Aqua Term Dates

| Term | Dates |
|--------|--|
| Term 1 | Mon 15 Jan – Sun 7 April (12 weeks) |
| Term 2 | Mon 8 April – Sun 30 June (12 weeks) |
| Term 3 | Mon 1 July – Sun 22 September (12 weeks) |
| Term 4 | Mon 23 Sep – Sun 15 December (12 weeks) |

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

2024 Fees

| 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 2261**

Locations

Wolper Jewish Hospital – 8 Trelawney St, Woollahra

Beresford Hall – 1 Cranbrook Rd, Rose Bay

