



Carmelite

Health & Wellness Weekly Timetable

Monday	Program
9.00 – 10.00	Stronger Today
9.00 – 10.00	Box Fit
10.00 - 11.00	Stronger Today
10.00 – 11.00	Aqua Fitness
11.00 – 12.00	Aqua Fitness
1.00 – 2.00	Stronger Today
2.00 - 3.00	Better balance *

Tuesday	Program
9.00 – 10.00	Stronger Today
9.00 – 10.00	Zumba Gold
10.00 - 11.00	Think Gym *
11.00 – 12.00	Better Hands *
11.00 – 12.00	Stronger Today
1.00 – 2.00	Stronger Today
1.00 – 2.00	Aqua Fitness

Wednesday	Program
9.00 – 10.00	Stronger Today
9.00 – 10.00	Aqua Fitness
10.00 – 12.00	I Create
10.00 – 11.00	Hydrotherapy *
11.00 – 12.00	Stronger Today
1.00 – 2.00	Stronger Today

Thursday	Program
9.00 – 10.00	Zumba Gold
9.00 – 10.00	Aqua Fitness
10.00 – 11.00	Stronger Today
10.00 – 11.00	Aqua Fitness
11.00 – 12.00	Stronger Today
1.00 – 2.00	Stronger Today
2.00 - 3.00	Mindfulness In Motion *

Friday	Program
9.00 – 10.00	Stronger Today
9.00 – 10.00	Aqua Fitness
10.00 – 11.00	Pilates
11.00 – 12.00	Stronger Today
1.00 – 2.00	Stronger Today
1.00 – 2.00	Hydrotherapy

Note: Private health insurance rebates are available on services symbolised with *

GROUP NAME	DESCRIPTION
AQUA FITNESS	Improve your endurance, strength and balance
BETTER BALANCE	Feel more confident on your feet
BETTER HANDS	Relieve hand pain and increase hand function
BOX FIT	A supervised exercise class using the skills of boxing to improve heart and lung fitness, coordination and reactive responses
HYDROTHERAPY	Relaxation and resistance exercise in a warm pool
I CREATE	Unleash your creativity with this 10 week art and craft program
MINDFULNESS IN MOTION	A class that will invite you to stop, breathe, observe and connect with your inner self. Improve your flexibility, balance, breathing and overall health.
PILATES	Increase your flexibility postural awareness and strength
STRONGER TODAY	An exercise class focused on building muscle strength through your whole body – fantastic for those who wish get strong and stay strong
THINK GYM	Challenge you minds and memory through a range of activities
ZUMBA GOLD	Follow fun choreography that focuses on balance, fitness and coordination

Health Insurance Rebates: Note any service run by an Allied Health Professional; Physiotherapist, Occupational therapist or Exercise Therapist is now eligible for instant rebates using HICAPS. This may vary depending on your insurer; ask our friendly team if you would like a quote or further information.

Southern Cross Care (SA & NT) Inc – Carmelite Health & Wellness Centre

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Private Health Insurance rebates available*

Did you know that you can use your private health insurance to save money on some of our classes

Our friendly staff can assist you clarify appropriate funding options and your out of pocket expenses.

*Only available on selected classes. Rebates are determined by your health insurance provider.