

PHYSICAL HEALTH

Aqua Fitness	Improving your endurance, strength and balance
Hydrotherapy	Relaxation and individual exercise program in a warm pool
Stronger Today	Individualised exercise in a group setting to help you manage your health

SOCIAL HEALTH

Needle & Thread	Share your craft ideas and skills in knitting, embroidery, quilting and patchwork in this weekly social group.
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WELLNESS

Better Hands	Relieve hand pain and increase hand function
Parkinson's Group	Exercises to help maximise mobility in people with Parkinson's Disease
Pilates	Increase your flexibility, postural awareness and strength
Tai Chi™	Gentle exercise with mind, body and balance benefits



Physical Health



Social Health



Wellness



Timetable

The Philip Kennedy Centre



The Philip Kennedy Centre
Health & Wellness Centre
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Largs Bay SA 5016
8242 2985

southerncrosscare.com.au



Health & Wellness

Better
for life®

Southern Cross Care (SA, NT & VIC) Inc,
ARBN 129 895 905, South Australia, liability limited
Health & Wellness Timetable - PKC May 2021



MONDAY	Class	
8.00	Stronger Today	
9.00	Stronger Today	Aqua Fitness
10.00	Stronger Today	Aqua Fitness
11.00	Stronger Today	Tai Chi™
1.00	Stronger Today	
2.00	Stronger Today	
3.00	Stronger Today	

TUESDAY	Class		
9.00	Stronger Today	Aqua Fitness	
10.00	Stronger Today	Aqua Fitness	Better* Hands
11.00	Stronger Today	Pilates*	
1.00	Stronger Today		
2.00	Stronger Today		

WEDNESDAY	Class	
9.00	Stronger Today	Hydro therapy*
10.00	Stronger Today	Hydro therapy*
11.00	Stronger Today	Hydro therapy*
1.00	Stronger Today	
2.00	Stronger Today	Better* Hands
3.00	Stronger Today	

THURSDAY	Class	
9.00	Stronger Today	Aqua Fitness
10.00	Stronger Today	
11.00	Stronger Today	
1.00	Stronger Today	
2.00	Stronger Today	
3.00	Stronger Today	

FRIDAY	Class	
8.00	Stronger Today	
9.00	Stronger Today	Aqua Fitness
10.00	Parkinson's Group*	
11.00	Stronger Today	
12.00	Needle & Thread (12pm-3pm)	
1.00	Stronger Today	Hydro therapy*
2.00	Stronger Today	Hydro therapy*
3.00	Stronger Today	Hydro therapy*

***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.