

PHYSICAL HEALTH

Dance Class	Improve your balance, coordination and your cardiovascular capacity.
Hydrotherapy (Held at Carmelite)	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

I Create	Create art and craft through interesting projects and unleash your individual flare
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WELLNESS

Better Hands	Relieve hand pain and increase hand function
Chi Ball	Improve your strength, core stability, mobility, concentration and help with anxiety and stress
Pilates	Increase your flexibility, postural awareness and strength



Physical Health



Social Health



Wellness



Timetable
The Pines



**The Pines
Health & Wellness Centre**

336 Marion Road,
North Plympton SA 5037

1800 920 492

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SouthernCrossCare.com.au

MONDAY	Class	
9.00	Stronger Today	Pilates
10.00	Stronger Today	Dance Class
11.00	Stronger Today	
1.00	Stronger Today	
2.00	Stronger Today	
3.00	Stronger Today	

TUESDAY	Class	
7.00	Stronger Today	
8.00	Stronger Today	
9.00	Stronger Today	
10.00	Stronger Today	
11.00	Stronger Today	
1.00	Stronger Today	Hydrotherapy (Bus departs to Carmelite for 1.30pm Class)
2.00	Stronger Today	

WEDNESDAY	Class	
7.00	Stronger Today	
8.00	Stronger Today	
9.00	Stronger Today	
10.00	Stronger Today	Better Hands
11.00	Stronger Today	Chi Ball
1.00	Stronger Today	
2.00	Stronger Today	
3.00	Stronger Today	

THURSDAY	Class	
7.00	Stronger Today	
8.00	Stronger Today	
9.00	Stronger Today	
10.00	Stronger Today	I Create
11.00	Stronger Today	
1.00	Stronger Today	
2.00	Stronger Today	
3.00	Stronger Today	

FRIDAY	Class	
9.00	Stronger Today	Pilates
10.00	Stronger Today	
11.00	Stronger Today	
1.00	Stronger Today	
2.00	Stronger Today	
3.00	Stronger Today	

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.

Rebates are determined by your health insurance provider.