

# Health and Wellbeing Group Classes 2026



Health and wellbeing classes run in four 10-week blocks across the year, with intervals between classes providing opportunity for reviews or self-management.

To join a group class, new participants need to complete an initial assessment with an Exercise Physiologist or Physiotherapist or other relevant discipline to ensure you join the best class for you.

Our classes cater to a range of abilities and fitness backgrounds, with exercises tailored to each individual so everyone feels supported.

## Aqua Therapy - Levels 1 and 2

Gentle, low-impact exercise in warm water to improve strength, balance and mobility. Suitable for all abilities, including people with chronic or neurological conditions, limited movement, or anyone wanting joint-friendly exercise. Classes held at specialised hydrotherapy pool and residents can attend at WMQ retirement villages. *Pre-screening required.*

## Pilates - Level 1 and 2

Build core strength, stability and mobility through mat and standing exercises. Participants need to be able to get on and off the floor.

## Mobility and Balance

Improve balance, coordination and confidence in a safe, social class using light weights and resistance equipment. Ideal for those with lower mobility, using walking aids, or concerned about falls.

## Strength and Conditioning - Levels 1, 2 and 3

A full-body circuit class using weights and balance exercises to build strength and stability. Best suited to those with a low falls risk.

## Type II Diabetes Exercise Program

A mix of strength, cardio and education led by an Exercise Physiologist to support blood sugar control and overall health with the goal of improving HbA1c, lipids, blood pressure, and body weight. GP clearance and eligibility requirements apply.

## Osteoarthritis (Joint Health)

Targeted exercise and education to reduce joint pain, improve movement and support everyday activities.

## Heart and Lungs

A supportive program for people with chronic heart or lung conditions, combining exercise, breathing techniques and education to improve fitness and daily function.

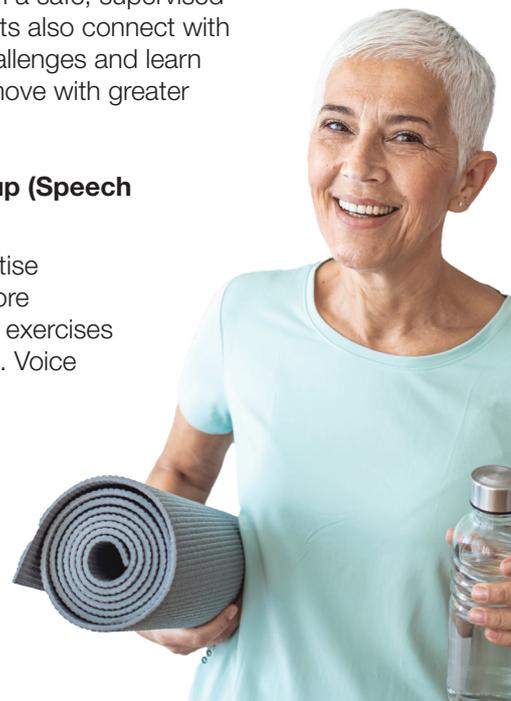
Eligibility criteria: Have a chronic heart or lung condition that affects walking endurance, with a 6-min walk test distance of >120m.

## Parkinson Exercise Program

A specialised group class for people living with Parkinson disease, designed to boost mobility, balance, strength, coordination, and overall wellbeing. Sessions combine aerobic, resistance, coordination, and balance training to help optimise function in a safe, supervised environment. Participants also connect with others facing similar challenges and learn practical strategies to move with greater confidence.

## Parkinson Voice Group (Speech Pathology group)

A friendly group to practise speaking louder and more confidently, with guided exercises and social conversation. Voice assessment required.



**We'd love to kickstart your health journey! Call today to book your initial assessment with our allied health team.**

1800 448 448 | [healthandwellbeing@wmq.org.au](mailto:healthandwellbeing@wmq.org.au)

# Health and Wellbeing Group timetable

## Wheller Gardens Wellbeing Centre

Did you know we offer health and exercise classes at Chermside? Led by our experienced exercise physiologists and physiotherapists, our classes are designed to be social, inclusive and motivating. Whether your goal is to build strength, improve flexibility, or simply have fun, we're here to support you every step of the way. Some classes include an additional education component supported by our multidisciplinary team (e.g. dietitians, speech pathologists).

|         | Monday                              | Tuesday                             | Wednesday                           | Thursday                            | Friday                              |
|---------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| 7am     | Cardio                              |                                     |                                     |                                     |                                     |
| 7.30am  |                                     |                                     | Cardio                              |                                     | Cardio (WOTP)*                      |
| 8am     | Strength and Conditioning (Level 2) |                                     |                                     | Strength and Conditioning (Level 2) | Strength and Conditioning (Level 2) |
| 8.30am  |                                     | Mobility and Balance (WOTP)*        |                                     |                                     |                                     |
| 9am     | Pilates (Level 2)                   |                                     |                                     |                                     | Pilates (Level 2)                   |
| 9.30am  |                                     |                                     |                                     | Aqua (WOTP)*                        |                                     |
| 10am    |                                     | Strength and Conditioning (Level 3) | Strength and Conditioning (Level 1) | Strength and Conditioning (Level 1) | Strength and Conditioning (Level 2) |
| 10.30am | Parkinson Exercise Group            |                                     |                                     |                                     |                                     |
| 11am    |                                     | Diabetes                            | Mobility and Balance                | Mobility and Balance                | Parkinson Exercise Group            |
| 11.30am |                                     |                                     |                                     |                                     |                                     |
| 12pm    |                                     |                                     |                                     |                                     |                                     |
| 12.30pm |                                     | Strength and Conditioning (Level 1) |                                     |                                     | Mobility and Balance                |
| 1pm     | Mobility and Balance                |                                     |                                     |                                     |                                     |
| 1.30pm  |                                     |                                     | Mobility and Balance                | Strength and Conditioning (Level 1) |                                     |
| 2pm     |                                     |                                     | Mobility and Balance                |                                     |                                     |

\*Classes held at Wheller on the Park (for WOTP residents only).