

# Health and Wellbeing Group timetable

Hyland House

Did you know we offer health and exercise classes at Hyland House? 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.

|                | Monday                              | Tuesday                     | Wednesday | Thursday                       | Friday                              |
|----------------|-------------------------------------|-----------------------------|-----------|--------------------------------|-------------------------------------|
| 11am to 12noon | Strength and Conditioning (Level 1) | Hip and Knee Osteoarthritis |           | Mobility and Balance (Level 1) | Strength and Conditioning (Level 1) |

### 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

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



### Osteoarthritis (Joint Health)

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



Please note: Tuesday's class is taken by a Physiotherapist, the other classes are taken by an Exercise Physiologist.