



EXERCISE CLASS TIMETABLE FOR 2014

MONDAY

- 10am Parkinson's Exercise Class (\$5)
11am Parkinson's Exercise Class - Seated Group (\$5)
1pm - 3pm Open Gym - The gym is open for general use with Maree (\$2)

TUESDAY

- 10.30am Parkinson's Exercise Class (\$5)
1pm Yoga (\$5)

WEDNESDAY

- 1pm - 3pm Open Gym - The gym is open for general use with Rachel (\$2)

THURSDAY

- 10am Parkinson's Exercise Class (\$5)
11am Parkinson's Exercise Class (\$5)
1pm Yoga - Additional class (\$5)
1pm MS Exercise Class - Suitable for people who use a wheelchair (\$2)

FRIDAY

- 10am Nordic Walking - For people with Parkinson's and their spouses; takes place in Hagley Park (\$5)
11am MS Exercise Class (\$2)
1pm MS Exercise Class (\$2)

Concession cards are available so you can pay for classes in advance and then not worry about bringing money each week.

There is a fee for all groups. If this is a problem then please speak to Maree or Rachel.

Thank you.

