



## EXERCISE CLASS TIMETABLE FOR 2014 and 2015

<b>MONDAY</b>	
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)
<b>TUESDAY</b>	
10.30am	Parkinson's Exercise Class (\$5)
1pm	Yoga (\$5)
<b>WEDNESDAY</b>	
1pm - 3pm	Open Gym - The gym is open for general use with Rachel (\$2)
<b>THURSDAY</b>	
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)
<b>FRIDAY</b>	
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**.

