

## Exercise Classes Timetable for 2019

Please contact our Physiotherapists before starting any of the classes below.

<b>Monday</b>	
10am	Parkinson's Exercise Class with Kim (\$5)
11am	Parkinson's Exercise Class – Seated Group with Kim (\$5)
1pm – 3pm	Open Gym – The gym is open for general use (\$5)
<b>Tuesday</b>	
10.15am	Parkinson's Exercise Class with Kim (\$5)
11.30am	Parkinson's Exercise Class – Seated Group with Kim (\$5)
10am	Power of Dance – High level session with Adriaan Beddie at Impact Dance and Stage School (\$7)
11am	Power of Dance – Low level session with Adriaan Beddie at Impact Dance and Stage School (\$7)
1.30pm	Yoga with Lisa at St Martin's Community Centre 122 Wilsons Road (\$5)
<b>Wednesday</b>	
10 – 11 am	Amplitude class with Tim Webster
1pm – 3pm	Open Gym – The gym is open for general use (\$5)
<b>Thursday</b>	
10am	Parkinson's Exercise Class with Kim (\$5)
11am	Parkinson's Exercise Class with Kim (\$5)
2.15pm	Yoga with Lisa (\$5)
<b>Friday</b>	
10am	Nordic Walking with Frances – For members and spouses, mostly in Hagley Park (\$5)
10.30am – 12pm	Open Gym – The gym is open for general use with Lesley (\$5)
1pm	MS Exercise Class with Kim incorporating the former Thurs MS class (\$5)