

# Weekly Class Schedule



## Strength and Balance Groups (Physio-Fit)

About: Designed to improve stability, coordination and confidence with everyday movement.



## Hydrotherapy (Aqua-Fit)

About: Gentle strengthening and mobility exercises in a heated pool.



## Cognitive Stimulation Therapy

About: Structured activities designed to stimulate thinking, memory and connection.

### WEDNESDAYS

#### Cognitive Stimulation Therapy

Time: 10:30am - 11:30am  
Duration: 1hr

#### Hydrotherapy (Aqua-Fit)

Time: 11:00am - 12:00am  
Duration: 1hr

#### Cognitive Stimulation Therapy

Time: 12:00am - 1:00pm  
Duration: 1hr

### THURSDAYS

#### Strength & Balance (Physio-Fit)

Time: 9:30am - 10:30am  
Duration: 1hr



TO MAKE A BOOKING: CALL 1800 786 227 OR VISIT [WWW.SUNCARE.ORG.AU](http://WWW.SUNCARE.ORG.AU)

