

Weekly Class Schedule

North Lakes 



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.

TUESDAY

Hydrotherapy (Aqua-Fit)

Time: TBC
Duration: TBC
Location: Burpengary Regional Aquatic Centre

Cognitive Stimulation Therapy

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

Cognitive Stimulation Therapy

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

WEDNESDAY

Strength & Balance (Physio-Fit)

Time: 9:00am - 10:00am
Duration: 1hr
Location: North Lakes Suncare Office



TO MAKE A BOOKING: CALL 1800 786 227 OR VISIT WWW.SUNCARE.ORG.AU

