

Weekly Class Schedule

Rockhampton 

MONDAY

Hydrotherapy (Aqua-Fit)

Time: 10:00am - 11:00am
Duration: 1hr
Location: World War II Memorial Pool – Southside Pool, Rockhampton

TUESDAY

Cognitive Stimulation Therapy

Time: 9:30am - 10:30pm
Duration: 1hr
Location: Bundaberg Suncare Office

Cognitive Stimulation Therapy

Time: 11:00am - 12:00pm
Duration: 1hr
Location: Bundaberg Suncare Office

FRIDAY

Strength & Balance (Physio-Fit)

Time: 10:00am - 11:00am
Duration: 1hr
Location: Rockhampton Suncare Office



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.



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