



MONDAYS

COGNITIVE STIMULATION THERAPY

Time: 09:30am - 10:15am
Duration: 45min
Location: SCC Lounge

CARDIAC REHAB MAINTENANCE

Time: 11:30am - 12:30pm
Duration: 1hr
Location: SCC Gym

TUESDAYS

COGNITIVE STIMULATION THERAPY

Time: 09:30am - 10:15am
Duration: 45min
Location: SCC Lounge

ADVANCED EXERCISE PLUS

Time: 11:30am - 12:30pm
Duration: 1hr
Location: SCC Gym

COGNITIVE STIMULATION THERAPY

Time: 11:15am - 12:00pm
Duration: 45min
Location: SCC Lounge

WEDNESDAYS

CHAIR PILATES

Time: 9:00am - 10:00am
Duration: 1hr
Location: SCC Lounge

COGNITIVE STIMULATION THERAPY

Time: 09:30am - 10:15am
Duration: 45min
Location: SCC Lounge

LOWER LIMB ARTHRITIS GROUP

Time: 11:00am - 12:00pm
Duration: 1hr
Location: SCC Gym

STRENGTH AND BALANCE

Time: 1:00pm - 2:00pm
Duration: 1hr
Location: SCC Gym

THURSDAYS

COGNITIVE STIMULATION GROUP

Time: 9:30am - 10:15am
Duration: 45min
Location: SCC Lounge

PHYSIO-FIT

Time: 10:45am - 11:45am
Duration: 1hr
Location: SCC Gym

COGNITIVE STIMULATION THERAPY

Time: 11:15am - 12:00pm
Duration: 45min
Location: SCC Lounge

ADVANCED EXERCISE PLUS

Time: 12:00pm - 1:00pm
Duration: 1hr
Location: SCC Gym

CARDIAC REHAB MAINTENANCE

Time: 1:00pm - 2:00pm
Duration: 1hr
Location: SCC Gym

THERAPY ACTIVITIES

COGNITIVE STIMULATION THERAPY

Involves a wide range of activities aiming to stimulate thinking and memory.

STEP STRONG: ARTHRITIS-FRIENDLY EXERCISE

Lower Limb arthritis exercise.

AQUATIC FITNESS

Gentle exercise within a 32 degree heated pool.

PHYSIO FITNESS

Aimed to improve strength and balance.

CHAIR PILATES

A low impact form of exercise.

STRENGTH & BALANCE

Aimed to improve strength and balance.

CARDIAC REHAB MAINTENANCE

Exercise targeting cardiovascular health.

ADVANCED EXERCISE PLUS

An advanced-level class designed to improve strength and fitness, helping to counteract age-related changes or decline.



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