

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.



MONDAYS

Hydrotherapy (Aqua-Fit)

Time: 12:00pm - 1:00pm
Duration: 1hr
Location: Buderim Aquatic Centre

Hydrotherapy (Aqua-Fit)

Time: 2:00pm - 3:00pm
Duration: 1hr
Location: Cotton Tree

TUESDAYS

Hydrotherapy (Aqua-Fit)

Time: 11:45am - 12:45pm
Duration: 1hr
Location: Palmwoods Aquatic Centre

Hydrotherapy (Aqua-Fit)

Time: 12:45pm - 1:45pm
Duration: 1hr
Location: Palmwoods Aquatic Centre

WEDNESDAYS

Strength & Balance (Physio-Fit)

Time: 9:00am - 10:00am
Duration: 1hr
Location: Palmwoods Memorial Hall

THURSDAYS

Hydrotherapy (Aqua-Fit)

Time: 9:30am - 10:30am
Duration: 1hr
Location: Buderim Aquatic Centre

Hydrotherapy (Aqua-Fit)

Time: 12:30pm - 1:30pm
Duration: 1hr
Location: Meridan Plains Aquatic Centre

FRIDAYS

Strength & Balance (Physio-Fit)

Time: 11:15am - 12:15pm
Duration: 1hr
Location: Kawana Forest Meeting Place

Hydrotherapy (Aqua-Fit)

Time: 2:00pm - 3:00pm
Duration: 1hr
Location: Cotton Tree Aquatic Centre



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