

LAKE INNES

EXERCISE CLASSES

★ **MON**

10-11 am
SASSY SENIORS

5:15-6pm
PILATES - All Levels

★ **TUE**

10-11am
SASSY SENIORS

12-12:30pm
BALANCE

★ **WED**

10-10:30am
BALANCE

12:00-12:45pm
PILATES - All Levels

5-5:45pm
PILATES - BEGINNER

★ **THU**

10-11am
SASSY SENIORS

4:15-5pm
PILATES - All Levels

★ **FRI**

10-11am
SASSY SENIORS

11:15am-11:45am
BALANCE

LAKE INNES

EXERCISE CLASSES

SASSY SENIORS

A low impact, circuit style group class that incorporates cardio, strength and balance exercises and run by our Accredited Exercise Physiologists. Exercises can be modified to cater for different abilities, however participants must be able to mobilise independently without the use of walking aids.

BALANCE

Capped at 4 people per class, each participant has a program personally tailored to their needs and goals and run by our Accredited Exercise Physiologists. This class focuses on supporting you to improve lower body strength and balance to reduce falls risk and get you more confident being on your feet. Suitable for people using walking aids.

MAT PILATES

Mat based pilates classes focused on improving core strength, mobility, coordination, mind body connection and breathing. Run by either our Accredited Exercise Physiologists or Physiotherapists. Participants must be able to get down to and up from the floor.

Pilates Starter - an 8 Week block of classes for people who have never done Pilates before. *Run on demand.*

Pilates Beginner - a 12 week block of classes for people who are new to Pilates, returning to Pilates or want to focus on foundation exercises.

Pilates All Levels - a 12 week block of classes that caters to all levels by providing different level options for exercises within the class so that you can work at the level that best suits you.