

# Therapy & Wellness Group Timetable

APRIL 2026

## MONDAY

### Morning

9.30-10.30am  
Circuit Group

9.30-10.15am  
Balance & Core @the Barre

10.30-11.30am  
Multiple Sclerosis Group

10:45 – 11:30  
Gym Circuit

11am-12pm  
Chair-Based Exercise

### Afternoon

1.15 -2.00pm  
Gym Circuit

1.15- 2.15pm  
Light Weights

2:30 – 3:30pm  
Core Fit

2.30-3.15pm  
Gym Circuit

2.15- 3.00pm  
Functional Fitness

## TUESDAY

### Morning

9.30-10.30am  
Circuit Group

9:30 – 10:30am  
Balance & Core @ the Barre

10am-11:30pm  
Talk-Back Group

11:00 – 12:00 pm  
Balance & Core @ the Barre

11am-12pm  
Circuit Group

### Afternoon

1.00-4.30pm  
Speech Therapy Individual

1.15 -2pm  
Strength & Balance

1.15 -2pm  
Gym Circuit

1.15 -2.15pm  
Light Weights

2.30 -3.15pm  
Stretch, Flex & Relax

2:30 – 3:15pm  
Functional Fitness

## WEDNESDAY

### Morning

9.30am-10.30am  
Strong and Steady

9.30- 10.30am  
Light Weights  
(Holdfast Community Centre)

10.30am-12pm  
Men's Group

11am-12pm  
Chair-Based Exercise

11.00- 12.00pm  
Chair Based Exercise  
(Holdfast Community Centre)

### Afternoon

1-2.15pm  
Chi Ball

1.15-2pm  
Gym Circuit

1.30-2.10pm  
Mindfulness Meditation

2.15-3.15  
Chair Based Exercise

## THURSDAY

### Morning

9-9.30am  
HIIT (Gym)

9-9:45am  
Fit Ball Drumming (Hub)

9.30-10.30am  
Circuit Group

10:00- 11.00am  
Chair Based Exercise  
(Hub)

10:15am-11:15am  
Hand Therapy

11am-12pm  
Light Weights

11:30am-12:30pm  
Hand Therapy

**Afternoon**  
1.30-3pm  
Women's Group

1.00-2.00pm  
PD Power (Parkinson group)

2.15 3.15pm  
Light Weights

## FRIDAY

### Morning

8.45-9.30am  
Gym Circuit

9.15-10.15am  
Core fit

9.30-10.15am  
Gym Circuit

9.30-10.30am  
Light Weights

9.30- 10.30am  
Chair Based Exercise  
(Holdfast Community Centre)

10:15am – 11:45am  
Memory Support Group

11am-12pm  
Chair-Based Exercise

11.00- 12.00pm  
Light Weights  
(Holdfast Community Centre)

**Afternoon**  
1-2pm  
Light Weights

2-3.15pm  
Upright for Life

\*Groups are run by a Physiotherapist or Therapy Assistant

\*Individual one-on-one gym programs are held during the week with Therapy Assistant

\*Groups require a physiotherapy assessment prior to joining, to determine suitability.

# Group descriptions

## **CORE FIT**

Based on Pilates and run by our experienced Physiotherapists, this program will improve your overall strength, balance, posture, mobility, and endurance. Come along and feel fit to your core!

## **CIRCUIT GROUP & GYM CIRCUIT**

Improve your general fitness, stamina, and balance by joining Circuit Group. This group includes the use of gym equipment, circuit-style exercises, and balance stations. The Gym Circuit program is similar, adding free weights and timed station sessions.

## **CHAIR-BASED EXERCISE**

Designed for clients with limited mobility, the Chair-based Exercise program provides gentle/progressive strengthening exercises for upper and lower limbs to enhance your strength and flexibility, improve mobility and maximise independence.

## **MEMORY SUPPORT**

The Memory Support group provides a varied session including seated movement and balance exercises, plus conversation and themed discussions over morning tea. This group supports those with the diagnosis of mild dementia in a safe and welcoming space.

## **WOMEN'S / MEN'S GROUP**

These groups are structured sessions with conversations (lots of laughter) and activities. The groups provide emotional and social connections, and will help you maintain your cognitive function, all over some morning or afternoon tea.

## **LIGHT WEIGHTS**

Through a combination of seated and standing exercises with light weights, this group will improve your general strength, bone density, and help you maintain mobility and balance.

## **CHI BALL**

Our Tai Chi group will help progress your coordination and concentration as well as your balance and strength, all in a calm and relaxing setting. Our Chi Ball group incorporates Tai Chi, Dance, Yoga and Feldenkrais.

## **STRENGTH & BALANCE**

This group is a 12-week program to build improvements in balance and strength. Aiming to educate and reduce falls.

## **UPRIGHT FOR LIFE**

Designed specifically to improve balance, Upright for Life provides strengthening exercises and challenging balance exercises, plus strategies to improve confidence and avoid falls.

### **STRONG AND STEADY**

If you would like to refine your balance, leg strength and fitness, this is the group for you. Using a circuit format, our Strong and Steady group will help to get you feeling strong and confident.

### **HIIT**

High Intensity Interval Training class works on improving overall fitness. You need to have good cardio, balance, flexibility and endurance to manage the fast-paced workout.

### **FIT BALL DRUMMING**

Fit Ball Drumming is a great work out for your brain and body. They say that an hour of drumming burns more calories than running, aerobics or weights. Drumming can lower blood pressure, improve cognitive brain function and coordination.

### **STRETCH, FLEX & RELAX**

Yoga increases your flexibility, muscle strength and tone and maintains your cardio and circulatory health. Yoga brings harmony between your mind and body.

### **SPEECH THERAPY – TALKBACK GROUP**

The Talkback Group runs to support people living with aphasia. It provides opportunity to participate in conversation and to practice finding words. Talkback improves social opportunities and connections for people living with aphasia.

### **HAND THERAPY**

The hand therapy group uses Paraffin wax to help relieve pain in the hand of people with osteoarthritis, rheumatoid arthritis, fibromyalgia and joint mobility issues. It acts like a form of heat therapy and can help increase blood flow, relax muscles and decrease joint stiffness. Followed up with a series of hand and finger exercises to help strengthen and increase flexibility.

### **BALANCE & CORE @ THE BARRE**

Workouts at the Barre are low impact, meaning there is no pressure on your joints and don't worry if you have no dance experience, everyone can join in! It improves core strength while supporting better posture and improves your overall fitness and flexibility. Muscle strengthening and balance exercises will increase your stability, therefore supporting a reduction in falls.

### **MINDFULNESS MEDITATION**

Is a type of Meditation which allows you to focus on the now, the present, being totally and intensely aware of what you are sensing and feeling at that moment. Practising how to slow down racing thoughts, letting go of negativity, helping you to support a calm mind and body to promote kindness to ourselves and others.

### **MULTIPLE SCLEROSIS**

This groups provides a variety of structured exercises and an avenue for social connections, for people with MS. This program supports positive management of related symptoms, which assist in the wellbeing of individuals living with this chronic condition.

\*Groups are run by a Physiotherapist or Therapy Assistant

\*Individual one-on-one gym programs are held during the week with Therapy Assistant

\*Groups require a physiotherapy assessment prior to joining, to determine suitability.

## **FUNCTIONAL FITNESS**

This class is designed to improve cardiovascular fitness, strength and balance. Through using equipment like dumbbells, ankle weights and seated cycling we aim to improve your general fitness. As a 12-week program, you will be reviewed regularly to determine your progression and offered ways to maximise positive outcomes and reach goals.

## **PD POWER (Parkinson group)**

Is a specialised exercise class for individuals living with Parkinson's disease, focusing on targeted exercises to manage key symptoms such as tremor, bradykinesia and agility. The program incorporates big arc, explosive, high-energy exercises to help regulate symptoms. The program includes Chi-Ball, voice projection and PD Warrior exercises. Balance and stability exercises are also a core component, aiming to improve agility, mobility, and reduce the risk of falls and increase overall confidence in daily activities.