

Therapy & Wellness Group Timetable

September 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
Seated ChiBall

11:00 – 12:30
Memory Support Group

11am-12pm
Circuit Group

Afternoon

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
ChiBall

1.15-2pm
Gym Circuit

1.30-2.10pm
Mindfulness Meditation

2.15-3.15
Chair Based Exercise

THURSDAY

Morning

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

2.15 – 3pm
Base Power

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.

SEATED CHIBALL

This class uses a combination of Yoga, Pilates and relaxation techniques to support strengthening joints, improving balance and coordination. The ChiBall element within the class, supports rhythmic and choreographed movements, that are low impact, building coordination, concentration, physical confidence and general wellbeing.

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.

BASE POWER

As we age, our bodies and muscles change in both the quantity and composition of muscle fibres, with a natural decline in muscle mass and function known as **Sarcopenia**. This class is designed in a fun and safe way to support Base Power exercises to reverse ageing-related muscle loss by targeting the production and preservation of muscle fibres.