

TIME	EXERCISE	LOCATION
FRIDAY Bookings Essential <div>30 MINS</div>	<div>NEW</div> Exercise Physiology <div>INDIVIDUALISED</div> <p>Individualised one on one sessions with an Allied Health Exercise Physiologist. This pilot program will include a detailed health assessment and a personalised exercise program to help you meet your fitness goals.</p>	Canterbury Centre 2 Rochester Road, Canterbury
TUESDAY 10:00am-11:00am <div>60 MINS</div>	Strength & Balance <div>NOVICE</div> <p>Suitable for those with or without mobility aids able to walk unassisted. This class focuses on building strength and balance by combining a series of seated and standing exercises.</p>	Canterbury Centre 2 Rochester Road, Canterbury
TUESDAY 11:15am-12pm <div>45 MINS</div>	Gentle Strength & Balance <div>NOVICE</div> <p>A class for those with mobility aids or reduced mobility to build strength and balance using chair based and standing exercises.</p>	Canterbury Centre 2 Rochester Road, Canterbury
WEDNESDAY 10am – 11am <div>60 MINS</div>	Strength & Fitness Training <div>INTERMEDIATE</div> <p>A holistic program covering a variety of strength, balance, cardiovascular fitness and falls prevention exercises through both seated and standing positions.</p>	8 Rochester Road, Canterbury
THURSDAY 1.30pm—3pm <div>90MINS</div>	Falls Prevention <p>This progressive 16 week exercise program involves balance and strengthening exercises specifically designed to help reduce the risk of falls in older people. Includes physical assessments & educational seminars with allied health professionals. BOOK NOW FOR 2020 CLASSES</p>	Canterbury Centre 2 Rochester Road, Canterbury
THURSDAY 10:00am – 11:00am <div>60 MINS</div>	Active Strength & Balance <div>ADVANCED</div> <p>An energetic & social group incorporating circuit style, strength, aerobic and balance exercises. Suitable for active participants.</p>	Canterbury Centre 2 Rochester Road, Canterbury
THURSDAY 10:00am – 11:00am <div>60 MINS</div>	Strength & Balance <div>INTERMEDIATE</div> <p>Led by an Exercise Physiologist. Combination of strength, balance & mobility exercises focusing on falls prevention, strength & function. Suitable for a range of ability & mobility levels.</p>	Marwal Centre 9 Marwal Avenue, North Balwyn