

TIME	EXERCISE	LOCATION
<p>TUESDAY / THURSDAY Bookings Essential</p> <p>30 MINS</p>	<p>NEW Exercise Physiology INDIVIDUALISED</p> <p>Individualised one on one sessions with an Allied Health Exercise Physiologist. This program will include a detailed health assessment and a personalised exercise program to help you meet your health and fitness goals.</p>	<p>Sharrott 8 Rochester Road, Canterbury</p>
<p>TUESDAY Please Enquire</p> <p>60 – 90 MINS</p>	<p>Falls Prevention</p> <p>This 15 week program centres around 13 progressive weekly exercise classes & includes physical pre & post assessments with an exercise physiologist. Taking a holistic approach the program focuses on balance strategies, strengthening exercises & educational seminars specifically designed to help reduce the risk of falls in older people. BOOK NOW - for the next round of classes, (places are limited).</p>	<p>Canterbury Centre 2 Rochester Road, Canterbury</p>
<p>TUESDAY 10:00am – 11:00am</p> <p>60 MINS</p>	<p>Strength & Balance NOVICE – INTERMEDIATE</p> <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>	<p>Canterbury Centre 2 Rochester Road, Canterbury</p>
<p>TUESDAY 11:15 am – 12.00pm</p> <p>45 MINS</p>	<p>Gentle Strength and Balance NOVICE</p> <p>A class for those with mobility aids or reduced mobility to build strength and balance using chair based and standing exercises.</p>	<p>Canterbury Centre 2 Rochester Road, Canterbury</p>
<p>WEDNESDAY 10:00am – 11:00am</p> <p>60 MINS</p>	<p>Strength & Fitness Training INTERMEDIATE</p> <p>An Inclusive program covering a variety of strength, balance, cardiovascular fitness and falls prevention exercise through both seated and standing positions.</p>	<p>Sharrott House 8 Rochester Road, Canterbury</p>
<p>THURSDAY 10:00am – 11:00am</p> <p>60 MINS</p>	<p>Active Strength & Balance ADVANCED</p> <p>An energetic & social group incorporating circuit style, strength, aerobic and balance exercises. Suitable for active participants.</p>	<p>Canterbury Centre 2 Rochester Road, Canterbury</p>
<p>THURSDAY 10:00am – 11:00am</p> <p>60 MINS</p>	<p>Strength & Balance INTERMEDIATE</p> <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>	<p>Marwal Centre 9 Marwal Avenue, North Balwyn</p>