

# Exercise Class Timetable



## Golden Grove Wellbeing Centre

1000 The Golden Way, Golden Grove SA 5125 *(The Clock Tower Building, corner of The Grove Way and The Golden Way)*

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Age Well Fitness</b> Classes also held at: <ul style="list-style-type: none"><li>• North Adelaide</li><li>• Parafield Gardens</li></ul>		9:00am	9:00am 10:15am		9:00am 10:15am
<b>Strength and Balance</b> Classes also held at: <ul style="list-style-type: none"><li>• Parafield Gardens</li></ul>		2:15pm		1:00pm	
<b>Tai Chi</b> Classes also held at: <ul style="list-style-type: none"><li>• Parafield Gardens</li></ul>			1:00pm		
<b>Chair Yoga</b> Classes also held at: <ul style="list-style-type: none"><li>• North Adelaide</li><li>• Parafield Gardens</li></ul>		11:15am			
<b>Upper Limb Therapy</b> Classes also held at: <ul style="list-style-type: none"><li>• Parafield Gardens</li></ul>		11:00am 2:00pm			

*Our Parafield Gardens location also offers Hydrotherapy, and Dance for Balance classes in addition to the classes mentioned above.*

*Contact us for more information about other locations and class times on 1300 444 663*

**Timetable current at 1 July 2025**

# Exercise Class Descriptions

## Age Well Fitness

Using a range of gym equipment, participants can be challenged at a level that suits their needs. Supervised by exercise physiologists, participants are provided with an individualised exercise program to achieve their specific fitness goals.

## Dance for Balance

A low impact Latin style dance class designed to improve strength, balance and coordination. Led by a physiotherapist and tailored to participants' abilities, no dance experience is necessary. Participants can learn solo or with a partner.

## Hydrotherapy

Low impact individualised water-based rehabilitation designed to improve pain, balance, mobility and overall physical health. Perfect for those recovering from injury or orthopedic surgery. Classes are supervised by a physiotherapist.

## Strength and Balance

A strength and balance exercise class completed as a group in a fun and friendly environment. Led by a physiotherapist, participants can improve overall physical ability and feel steadier on their feet.

## Tai Chi

Graceful movements, deep breathing and relaxation techniques designed to enhance balance flexibility, strength, and mental wellbeing. Led by a qualified Tai Chi instructor, our classes are suitable for all fitness levels.

## Upper Limb Therapy

maintain and improve strength, flexibility, and function of the shoulders, arms, wrists, and hands, with tailored exercises to support everyday movements such as lifting, reaching, and gripping. Classes are supervised by an occupational therapist.

## Chair Yoga

Chair yoga has poses and stretches using a chair for balance or sitting. Classes can improve balance, flexibility and wellbeing. Coordinated by our occupational therapy and social work teams, chair yoga is suitable for all levels of fitness.

Contact us on 1300 444 663 or [homecare@helpinghand.org.au](mailto:homecare@helpinghand.org.au) to find out more