



# Age Well Fitness

Age Well Fitness is a group class for older adults that helps maintain and improve physical health, social connections, and overall wellbeing.

Our one hour classes are held in a group setting, with an individually tailored exercise plan for each participant that focuses on boosting energy, strength, flexibility and balance, ensuring all participants get the most out of the class. Age Well Fitness is delivered under the supervision of a qualified exercise physiologist.

## Times and Locations

Tuesdays 9:00am, 10:30am, 1:00pm, 2:30pm  
Wednesdays 9:00am, 10:30am  
Fridays 9:00am, 10:30am

The Gardens Recreation Centre  
corner of Kings Road and Martins Road  
Parafield Gardens

Mondays 9:00am, 10:30am  
Tuesdays 10:00am  
Thursdays 9:30am, 10:30am, 12:30pm

Helping Hand  
Harrison Court, 54 Buxton Street  
North Adelaide

*Commonwealth Home Support Programme or Home Care Package funds can be used to pay for an initial health assessment and your class fees. Private health insurance rebates for fees may also be claimed.*

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