

# 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)*

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Age Well Fitness</b>		9:00am	9:00am 10:15am		9:00am 10:15am
<b>Strength and Balance</b>	1:00pm	1:00pm 2:15pm		1:00pm	
<b>Tai Chi</b>			1:00pm		
<b>Chair Yoga</b>		11:15am			
<b>Upper Limb Therapy</b>		11:00am 2:00pm			

# Exercise Class Descriptions

## Age Well Fitness

Using a range of gym equipment, participants are 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.

*Parafield Gardens, Golden Grove, North Adelaide*

## 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.

*Parafield Gardens*

## Dynamic Balance for Life

Learn how to defend yourself from falls injury and improve balance skills. Led by a physiotherapist, participants will learn methods to improve posture and balance, and minimise injuries if they fall.

*Parafield Gardens*

## 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.

*Parafield Gardens Swim Centre*

## Seated Strength

Led by a qualified Physiotherapist, this low-risk program focuses on gentle, controlled movements to help build up strength and support everyday activities, all from the comfort of a chair. This class is suitable for wheelchair users.

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## 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.

*Parafield Gardens, Golden Grove, North Adelaide*

## 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.

*Parafield Gardens, Golden Grove*

## 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.

*Parafield Gardens, Golden Grove*

## 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.

*Parafield Gardens, Golden Grove, North Adelaide*

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