



# GROUP FITNESS

## All Group Fitness Classes at the Autumn Centre

\$5 a class, please bring cash

### Aerobics and Boxercise (60 minutes)

Cardiovascular full body workouts incorporating low impact resistance training and stretching.

**Friday** 9.30am Aerobics with Deb

**Tuesday** 9.30am Boxercise with Yasmin/Kate



### Chi Ball (60 minutes)

Taking the best parts of Tai Chi, Yoga and Pilates, this easy to follow class ideally suited for beginners and all age groups.

**Monday** 8am with Karen



### Core Flow and Stretch & Strength (60 minutes)

Low to medium impact classes for all fitness levels, with exercises to enhance your muscle strength, flexibility and endurance.

**Tuesday** 8am Core Flow with Deb

**Thursday** 12pm Stretch & Strength with Yasmin/Kathy



### Tai Chi (60 minutes)

A class to improve mood, flexibility and balance while increasing energy and stamina.

**Monday** 3pm with Maree

**Wednesday** 7.15am Advanced with Maree

**Friday** 8.15am with Maree



### Yoga

Promoting strength, flexibility and stability with focus on breath control and meditation.

**Monday** 11.45am Yoga (90 minutes) with Jo

**Monday** 1.30pm Gentle Yoga (60 minutes) with Jo

**Wednesday** 6pm Yoga (90 minutes) with Jo



### Chair Yoga

For beginners, using a chair for support and some seated exercises to improve posture and balance.

**Friday** 10.45am with Deb

### Functional movement (60 minutes)

Wheelchair and walker friendly classes to enable and maintain bodies for everyday living activities.

**Tuesday** 11am with Yasmin/Kate





# WELLBEING SERVICES

## at the Autumn Centre

All wellbeing services are booked through our administration office on **9528 8560**, excluding hairdresser service, see below for booking details.

Payments are to be made directly to the service provider on the day of service.

We currently have capacity for new wellbeing service providers to commence operating from our wellbeing room. For further information, contact the centre on 9528 8560.

### Stepahead Podiatry

Committed to assisting people from all walks of life to integrate healthy professional foot care into their overall medical wellbeing.

**Alternate Mondays** 8.30am-2.40pm

### Price

Offer Medicare and health fund rebates as well as significant senior's discount

**\$60**

For more information on services or rebates call

**9528 4447**



### Bowen Therapy with Carmel

Gentle form of body work that addresses not only the musculoskeletal framework, but also the fascia, nerves and internal organs that stimulates the body's natural responses to bring about self-healing on all levels.

**Tuesdays** 12pm-4pm

### Prices

30 minutes **\$40**

60 minutes **\$60**



### Hairdresser

The Hairdressers Salon is available for men's haircuts, and a wide range of services to ladies from perms to colour and cuts.

**Ladies Hairdressing** Monday to Friday

**Men's Haircuts** Thursdays and Fridays

### Prices

Men Haircuts from **\$15**

Ladies from **\$35**

For more information and to book contact **0478 952 821**



### Massage with Stephanie

Offering full body remedial massage for relief of muscular aches, and pains and joint stiffness.

**Fridays** 9am-2pm

### Prices

30 minutes **\$30**

60 minutes **\$60**

