



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 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 and Strength with Kathy



Tai Chi (60 minutes) / Qi Gong (45 minutes)

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

Monday 3pm Tai Chi / 4pm Tai Chi beginners with Maree

Wednesday 7.15am Tai Chi advanced with Maree

Friday 7.30am Qi Gong / 8.15am Tai Chi 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 (60 minutes)

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 10.45am with 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](tel:95288560)

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.

Alternate Tuesdays 9am-3pm

Prices

30 minutes **\$50**
60 minutes **\$70**



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, call **0478 952 821**



Massage with Stephanie

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

Fridays 9am-3pm

Prices

30 minutes **\$35**
60 minutes **\$65**

