



WELLBEING SERVICES

at the Autumn Centre

All services are booked through our administration office on **9528 8560**

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

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: 9am – 4pm

Prices

30 minutes **\$30**
1 hour **\$50**



Step Ahead Podiatry

Step Ahead Podiatry are committed to assisting people from all walks of life to integrate healthy professional foot care into their overall medical wellbeing.

Alt. Mondays: 8.30 – 2.40pm

Alt. Wednesdays: 8.30am – 12.10pm

Price

Offer Medicare and health fund rebates as well as significant senior's discount
\$45

For more information call **9528 4447**



Hairdresser

The hairdressers salon is now available for men's haircuts. They continue to offer a wide range of services to ladies from perms to colour and cuts.

Ladies hairdressing: Monday to Friday

Men's haircuts: Thursdays and Fridays

Price

Men's haircuts from **\$15**
Ladies from **\$25**

For more information or to book contact: **0478 952 821**



Massage therapists required

Contact the Autumn Centre for details on **9528 8560**





GROUP FITNESS

All Group Fitness Classes at the Autumn Centre \$4.50

Aerobics and functional movement

Aerobics: Full body, low impact workout. Tuesday and Friday 9.30am

Functional movement: (walker friendly) Tuesday and Friday 10.45am



Chi Ball

Taking the best parts of Tai Chi, Yoga and Pilates, this easy to follow class is becoming very popular around the world.

Monday: 7.30am

Thursday: 12pm



Pilates

A gentle class for beginners which promotes strength, flexibility, postural alignment and stability movements that support a healthy back and joints

Tuesday: 8am with Karen



TNT

This mat based workout will help you with techniques to BLAST away tummy and thigh fat.

Friday: 8.15am



Yoga

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

Monday: 11.45am Yoga (90 minutes)

Monday: 1.30pm Beginners Yoga (60 minutes)

Wednesday: 7.20am Beginners Yoga (60 minutes)

Wednesday: 6pm Yoga (90 minutes)

