



# 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.

**Boxercise: Tuesday 9.30am (60 minutes) with Yasmin**

**Aerobics: Friday 9.30am (60 minutes) with Lehane**



### 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 Deb**



### Core Flow and Stretch and 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 Yasmin**



### 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**



### Functional movement (60 minutes)

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

**Tuesday 11am with Yasmin**

### Empowered

Dynamic, low impact cardio and strength training to challenge your entire body.

**Friday 10.45am with Lehane**





# WELLBEING SERVICES

## at the Autumn Centre

All wellbeing services are booked through our administration office on **9528 8560**, excluding hairdresser service.

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

### 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**



### Physiotherapy with Bodie

Treating conditions such as musculoskeletal, chronic pain, arthritis, vertigo, dizziness, neurological conditions and cardiopulmonary management and rehabilitation. Techniques used include massage, dry needling, joint mobilisations, taping and paraffin wax bath.

**Alternate Wednesdays 8.30am-2.30pm**

#### Price

30 minutes **\$50**  
(discounted rate)

Private health rebates available.  
Bulk billing for members with valid Medicare CDM/EPC plans

