

## TIMETABLE

All wellness classes are instructed by professionals and have been designed to increase your strength, improve your balance and mobility, and reduce your risk of falls.

### **Jervis Bay Exercise Classes**

#### **21 Meriton Street, St Georges Basin**

Tuesday 3.00pm Maintenance Group Class

Tuesday 4.00pm Maintenance Group Class

Thursday 8.00am Low level balance

Thursday 8.45am High level balance

Thursday 9.30am Parkinsons' group

Limited places are available. Please contact physiotherapist Rebekah on 0417 681 328 for enquiries.

### **K. Yoga Chair Exercise**

#### **Burrill Lake Community Hall**

Wednesday 8.00am (Slow, Flow and Hold)

Wednesday 9.20am (Chair Exercise/Yoga)

Thursday 9.00am (Stretch, Strength and Balance)

Thursday 10.20am (Chair Exercise/Yoga)

For more information or to book a class of chair yoga please call Kerri on 0467685219 or email [kerriandkyoga@gmail.com](mailto:kerriandkyoga@gmail.com)

### **Physio Pal Exercise Class**

#### **North Nowra Community Centre**

Thursday 10.00am

#### **Warrigal Figtree – 69 O'Brien's Rd**

Thursday 10.00am

For more information or to book a class please call Physio Pal on 42023874.