

TIMETABLE

These 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	Strength
Tuesday	4.00pm	Knee Osteoarthritis
Tuesday	4.45pm	Hip Osteoarthritis
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

Tuesday	8.30am
Thursday	11.30am

Ulladulla District Resources Centre

Tuesday	1.30pm
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For more information or to book a class of chair yoga please call Kerri on 0467685219 or email kerriandkyoga@gmail.com

Physio Pal Exercise Class

North Nowra Community Centre

Thursday	10.00am
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Warrigal Figtree – 69 O'Brien's Rd

Thursday	10.00am
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For more information or to book a class please call Physio Pal on 42023874.

