

TIME	M	T	W	T	F	S
9:30AM						
10:00AM	VASCULAR				VASCULAR	
10:30AM		SENIOR MOVEMENTS		SENIOR MOVEMENTS		
10:45 AM			SENIOR MOVEMENTS			
11:00AM	SENIOR MOVEMENTS					
11:30AM						
12:00PM		STROKE VIA PHYSICAL SENSE		STROKE VIA PHYSICAL SENSE		
12:30PM	OSTEO					
1:00PM						

Class descriptions:

~ **Vascular** – A social, circuit style class designed to improve blood circulation and increase cardiovascular health

~ **Osteo** – A class targeting the lower half of the body, aiming to increase blood flow and decrease rigidity particularly in legs and ankles

~ **Senior movements** – A general low impact class for those wanting to increase activity, fitness, and strength

~ **Stroke** – Run through Physical Sense, stroke classes are designed to increase tactile function and coordination to aid recovery

CALL OR BOOK IN ON THE DAY: 03 332 2604