

Virtual Wellness Centre Calendar 2020

Last Updated - 26 June 2020

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:15am	Move at Pace 30 mins	Move at Ease 30 mins	Move at Pace 30 mins	Move at Ease 30 mins	Move at Pace 30 mins
10:15am	Move at Ease 30 mins	Move at Pace 30 mins	Move at Ease 30 mins	Move at Pace 30 mins	Move at Ease 30 mins
11:15am		Let's Have a Conversation at Home 45 min	Stretch & Flow at Home 30 mins		
1:15pm					Stretch & Flow at Home 30 mins
2:15pm	Move at Ease 30 mins	Move at Pace 30 mins	Move at Ease 30 mins	Move at Pace 30 mins	Move at Ease 30 mins
3:15pm	Move at Pace 30 mins	Move at Ease 30 mins	Move at Pace 30 mins	Move at Ease 30 mins	Move at Pace 30 mins

Please note: integratedliving class timetables are subject to change due to minimum class bookings. Bookings are essential to attend any class and can be made up to 7 days in advance. Cancellations of any booking must be made 24 hours prior to the class taking place.



Move at Ease

- Gentle, low impact, chair-based exercise class.
- Ideal for those who have limited mobility, chronic disease or anyone who has not recently participated in exercise.



Move at Pace

- Ideal for participants who move confidently and live an active lifestyle.
- This class involves more advanced chair based and body weight exercises.



Stretch & Flow at Home

- Gentle, low impact, chair-based exercise class focusing on improving balance, mobility, circulation, flexibility and reducing stress and tension.
- Suited to all levels of fitness and mobility.



Let's Have a Conversation at Home

- A social and educational casual conversation delivered online.
- Make new friends that you can connect with from the comfort of your home.



Home Exercise Program

- Not interested in the class setting? Our Home Exercise Program offers an individualised program designed by our Accredited Exercise Physiologists that you can do at home whenever it suits you.
- Receive regular coaching calls to keep you motivated and progressing towards your goals.