



Mobility and Flexibility Class Schedule



Dickson, Cowper St

Dickson Park Professional Centre,
Cnr Antill and Cowper Streets,
DICKSON, ACT, 2602

To book, call our reception staff on
(02) 6248 9841

Mobility Classes

Maintaining independent function is critical in preserving our health and well-being as we age. The capacity to perform basic physical functions is a central aspect of every health-related quality of life.

Research has proven that participation in regular activity that incorporates balance, strength, cardiovascular fitness and flexibility, will reduce the risk of falls, improve quality of life, assist in maintaining independence and reduce the impact of age related health risks and disease.

At SportsCare and Physiotherapy we 'CARE' about the health and physical function of our retired population, therefore the Mobility Class combines education and exercise to improve strength, balance, flexibility, cardiovascular fitness and overall well-being, leading our retired population to an optimal quality of life during the golden years.

The Mobility Class will assist with the following:

- Arthritis
- Balance and Mobility
- Bowel and Bladder control
- Heart and Lung Conditions
- Stroke Recovery
- Orthopaedic issues e.g. back, hips, knees
- Parkinson's Disease
- Dementia
- Mental Health
- Falls Prevention

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Mobility Classes

This class is suitable for those with decreased confidence mobilising in the community, looking for a structured exercise class, or post total hip/knee replacements. It is a circuit style class combining cardio, balance, upper limb and lower limb strength.

This class is suitable for those mobilising independently (with an aid is fine).

Before beginning, a 20 minute class assessment will need to be made with one of our Physiotherapists which will cost \$26.

Tuesday
Kristen Steele

Friday
Kristen Steele

Saturday
Donna Hanlon

Pricing

Class Assessment (20 mins) \$26

Class Pass (\$12.50 per class, which covers the 10 week term) \$125



Led by Physiotherapists
Kristen Steele and Donna Hanlon

12:30pm - 1:20pm

12:30pm - 1:20pm

11:20pm - 12:10pm

This class is not specifically designed for neurological disorders, however, we can accommodate neurological disorders.

Bruce

Corner Allawoona St & Ginninderra Dr
BRUCE, ACT, 2617

To book, call our reception staff on
(02) 6185 0307

Mobility Classes

This class is suitable for those with decreased confidence mobilising in the community, looking for a structured exercise class, or post total hip/knee replacements. It is a circuit style class combining cardio, balance, upper limb and lower limb strength.

This class is suitable for those mobilising independently (with an aid is fine).

Before beginning, a 20 minute class assessment will need to be made with one of our Physiotherapists which will cost \$26.

Tuesday
Jordy Brayshaw
During School Term

Pricing

Class Assessment (20 mins) \$26
Class Pass (\$12.50 per \$125
class, which covers the 10
week term)



Led by Physiotherapist
Jordy Brayshaw

11:30am

Weston

16/41-43 Liardet St
WESTON, ACT, 2611

To book, call our reception staff on
(02) 6288 3006

Flexibility Classes

This class is a fusion of stretching, yoga and balance exercises to help improve general flexibility and mobility for your entire body. These classes are great for anyone who has excessive stiffness and/or postural imbalances from muscle tightness, and also are great in assisting return from injury.

Before beginning, a 20 minute class assessment will need to be made with one of our Physiotherapists which will cost \$26.

Thursday
Amara Thomson

Friday
Amara Thomson

Pricing

Class Assessment (20 mins) \$26

Class Pass (\$12.50 per class, which covers the 10 week term) \$125



Led by Physiotherapist
Amara Thomson

7:10am

7:10am