

O-health | CLASS TIMETABLE

Exercising with others in our fun, supportive environment can have other positive benefits. It can boost your mental wellbeing and your confidence towards exercise and get you back to doing more of the things you love!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30am Ortho	7:15am O-strength	6:30am O-strength	7:15 am Core-health	6:30am O-strength	8:15am Core-health
10:00am DVA	7:15am Men's Core-health	8:45am OA-health	8:45am DVA	10:30am Group EP	9:00am Oncology Rehab
10:45am O-strength	8:15am DVA	11:45am Maternity-health	9:30am Ortho	11:30am Group EP	
11:00am Group EP	9:00am Group EP	2:00pm DVA	9:30am OA-health		
12:00pm O-strength	10:00am Group EP	5:15pm Core-health	10:15am Senior Strength		
12:15pm Senior Strength	5:15pm Core-health		11:00am Oncology Rehab		
4:15pm Youth Performance			1:00pm O-strength		
5:30pm O-strength			4:30pm O-strength		
6:00pm Maternity-Health			5:45pm Golf-health		
6:15pm O-strength					

New to O-health? Book a trial class

www.o-health.com.au | (02) 6021 2777

O-health | CLASS TIMETABLE

Our group classes offer a fun and motivating environment to help you move better, feel better and live better.

Core-Health

Pilates-based exercise on the mat to keep your back and core strong.

O-Strength

A whole body strength workout with your injuries in mind to keep you doing what you love.

Oncology Rehab

Recovery after cancer treatment, combining the best of yoga for flexibility, Pilates for strength and Cardio for fitness.

Group EP

A group class but with your own unique exercise program to help you reach specific goals.

Senior Strength

An interactive exercise class to improve your strength and mobility as you age.

Ortho

Designed to help people maximise their recovery from hip and knee replacements.

Youth Performance

Aimed at young athletes for juniors (10-14 years old) and seniors (14-18 years old) looking to improve strength and decrease their risk of injury during sport.

OA-Health

The focus of this class is to maintain and build on the strength gained during GLA:D.

Maternity-Health

An all encompassing pre and post natal exercise class that is individually programmed for you and your stage of motherhood.

Golf-Health

Strength and mobility to improve your golf game without hitting a ball.

DVA

An exercise class for all DVA cardholders.

Type II Diabetes

An exercise program for those with Type 2 Diabetes which is subsidised through Medicare. This class runs in line with our Group EP class.