

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

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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.

Ortho

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

Youth Performance

Aimed at young athletes looking to improve strength and decrease their risk of injury during sport.

OA-health

The focus of this class is to improve strength to manage or prevent joint osteoarthritis (OA)

Senior Strength

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

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.

Golf-health

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

Need more information?

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