



H A S T I N G S  
PHYSIO<sub>and</sub>HEALTH

# LAKE INNES EXERCISE CLASSES

★ **MON**

10-11 am  
SASSY SENIORS

12:30-1:15pm  
PILATES - All Levels

5:15-6pm  
PILATES - Beginner

★ **TUE**

10-11am  
SASSY SENIORS

12-12:30pm  
BALANCE

5:15-6pm  
PILATES STARTER

★ **WED**

10-10:45am  
PILATES - All Levels

5-5:45pm  
PILATES - All Levels

★ **THU**

10-11am  
SASSY SENIORS

4:15-5pm  
PILATES - All Levels

★ **FRI**

10-11am  
SASSY SENIORS

11:45am-12:15pm  
BALANCE

# LAKE INNES EXERCISE CLASSES

## **SASSY SENIORS**

A low impact, circuit style group class that incorporates cardio, strength and balance exercises and run by our Accredited Exercise Physiologists. Exercises can be modified to cater for different abilities, however participants must be able to mobilise independently without the use of walking aids.

## **BALANCE**

Capped at 4 people per class, each participant has a program personally tailored to their needs and goals and run by our Accredited Exercise Physiologists. This class focuses on supporting you to improve lower body strength and balance to reduce falls risk and get you more confident being on your feet. Suitable for people using walking aids.

## **MAT PILATES**

Mat based pilates classes focused on improving core strength, mobility, coordination, mind body connection and breathing. Run by either our Accredited Exercise Physiologists or Physiotherapists. Participants must be able to get down to and up from the floor.

Pilates Starter - an 8 Week block of classes for people who have never done Pilates before.

Pilates Beginner - a 12 week block of classes for people who are new to Pilates or returning to Pilates after a break.

Pilates All Levels - a 12 week block of classes that caters to all levels by providing different level options for exercises within the class so that you can work at the level that best suits you.