

	Tuesday	Wednesday	Thursday	Friday	Saturday
8am	Healthy Me: Low Intensity		Healthy Me: Low Intensity	Healthy Me	
9am					Healthy Me
11am		T2 Diabetes			
12pm		Healthy Me: Land Based			
5pm			T2 Diabetes		
6pm	Healthy Me		Healthy Me		

Class Descriptions

Healthy Me: High Intensity (1hr): The Healthy Me adult program is conducted by our Accredited Exercise Physiologists who are here to assist you on your fitness journey in a safe, comfortable & friendly environment. The program is for adults wanting to improve their fitness, mobility, strength in a hydrotherapy setting. The Healthy Me membership includes your choice of up to 3 x group classes per week, as well as access to use the Hydrotherapy pool independently during our public opening hours.

Healthy Me: Low Intensity (1hr): The Healthy Me program includes two low intensity classes, conducted by our Accredited Exercise Physiologists. These classes are recommended for class members who are just introducing hydrotherapy into their routine, or for those who are looking for a lower intensity session. All classes are modifiable to suit your current level of fitness.

Healthy Me: Land Based (1hr): The Healthy Me Land Based class is conducted by our Accredited Exercise Physiologists once per week and allows our class members to complete a gym-based exercise session still focusing on the primary goals of the Healthy Me program.

T2 Diabetes (1hr): This 8-week program is accessible via a GP referral for those who have Type 2 Diabetes. The program includes an initial assessment and 8 group classes with testing & monitoring conducted by our Accredited Exercise Physiologists to provide your GP with a report at the end of the program. Once you have completed the 8 sessions, you are able to continue attending the class via purchasing a visit pass.