

Exercise Classes Timetable for 2016

Monday	
10am	Parkinson's Exercise Class (\$5)
11am	Parkinson's Exercise Class – Seated group (\$5)
1pm – 3pm	Open Gym – The gym is open for general use with Leila (\$2)
Tuesday	
10.30am	Parkinson's Exercise Class (\$5)
1.30pm	Yoga (\$5)
Wednesday	
1pm – 3pm	Open Gym – The gym is open for general use with Rachel (\$2)
Thursday	
10am	Parkinson's Exercise Class (\$5)
11am	Parkinson's Exercise Class (\$5)
1.30pm	Yoga (\$5)
1pm	MS Exercise Class – This is a class suitable for people who use a wheelchair. (\$2)
Friday	
10am	Nordic Walking – This is for people with Parkinson's and their spouses and takes place in Hagley Park. (\$5)
10.30am - 12pm	Open Gym – The gym is open for general use with Rachel (\$2)
1pm	MS Exercise Class (\$2)

We have a concession card, so you can pay for classes in advance and then not worry about bringing money each week.

There is a FEE for all groups, if this is a problem then please speak to Rachel or Leila.

Thank you.