



Exercise Class Timetable



Location: 220 McLeod St, Cairns QLD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Strength & Fitness 8:00am–8:50am Capacity: 6	Core Balance 8:00am–8:50am Capacity: 5	Strength & Fitness 8:00am–8:50am Capacity: 6	Strength & Fitness 8:00am–8:50am Capacity: 6	Core Balance 8:00am–8:50am Capacity: 5
Core Balance 9:00am–9:50am Capacity: 5	Strength & Fitness 9:00am–9:50am Capacity: 6	Core Balance 9:00am–9:50am Capacity: 5	Strength & Fitness 9:00am–9:50am Capacity: 6	Parkinson Power 9:00am–9:50am Capacity: 6
Strength & Fitness 10:00am–10:50am Capacity: 6		Brain Fit 10:00am–10:50am Capacity: 5	Parkinson Power 10:00am–10:50am Capacity: 6	Parkinson Power 9:00am–9:50am Capacity: 6
	Neuro Moves 11:00am–12:00pm			Neuro Moves 11:00am–12:00pm
	Strength & Fitness 1:00pm–1:50pm Capacity: 6	Strength & Fitness 1:00pm–1:50pm Capacity: 6	Parkinson Power 1:00pm–1:50pm Capacity: 6	
Parkinson Power 2:00pm–2:50pm Capacity: 6	Strength & Fitness 2:00pm–2:50pm Capacity: 6	Core Balance 2:00pm–2:50pm Capacity: 5	Strength & Fitness 2:00pm–2:50pm Capacity: 6	Strength & Fitness 2:00pm–2:50pm Capacity: 6
			Neuro Moves 3:00pm–4:00pm	

Strength & Fitness

For anyone who would like to get fitter and stronger, anyone who would like help to recover from a surgery or illness, anyone living with arthritis or a chronic disease.

Core Balance

For anyone who would like to work on their balance and core strength, in order to move well without fear of falling, to help you catch yourself should you trip, get yourself up from the ground in case you did have a fall and work on your trunk strength.

Parkinson Power

For anyone living with Parkinson's disease who would like to be able to move better, stay better and minimise the symptoms associated with Parkinson's; all with the potential to slow down the progression of Parkinson's.

Neuro Moves

This is a highly individualised program for anyone who lives with a neurological condition such as MS, Motor Neuron Disease, post Stroke or Spinal Cord injury or any other neurological background.

Brain Fit

For anyone who would like to focus on brain health and fitness. This is a combination of cardiovascular training to maximise blood flow to the brain and retrain your brain to improve areas of focus and attention, decision making and working memory.

Ramsay Health Plus

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