

Exercise Class Timetable



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Yoga 7.30am	ACL Rehab 7.30am	Strength & Fitness 8.15am	ACL Rehab 7.30am	Core Balance 8.15am
Strength & Fitness 8.45am	Core Balance 8.45am		Strength & Fitness 8.15am	
Brain Fit 9.45am	Neuro Moves 9.45am	Core Balance 9.30am	Strength & Fitness 9.45am	Parkinson Power 9.30am
Strength & Fitness 10.45am	Neuro Moves 10.45am	Brain Fit 10.45am	Strength & Fitness 10.45am	Parkinson Power 10.45am
Parkinson Power 13.00pm	Clinical Exercise 13.00pm		Parkinson Power 13.00pm	
Core Balance 14.00pm	Strength & Fitness 14.00pm		Parkinson Power 14.00pm	Strength & Fitness 14.00pm
Box Fit 15.00pm			Box Fit 15.00pm	Neuro Moves 15.00pm

Yoga

A combination of yoga styles; gentle, restorative, hatha, therapy and YIN yoga, to cater to all levels. The practice will be slower, allowing you time and space to turn inwards and find a sense of balance and calm.

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.

Box Fit

For anyone who loves a good and high powered work out. We help you build cardiovascular health and fitness, power, speed and build muscles in the upper and lower limb and core.

ACL Rehab

A goal oriented sports or leisure specific evidence based rehab program for anyone who just had ACL reconstruction surgery or for anyone preparing to have ACL reconstruction surgery.

Clinical Exercise

A highly individualised exercise class for people who need more guidance and hands on approach after an injury, illness or surgery.

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