



CIRCUITS

STRENGTH & BALANCE: This circuit is designed for anyone with mobility issues including falls, weakness and deconditioning. The session is based around functional activities that focus on building confidence, balance and strength.

UPPER LIMB: This circuit is designed to assist people with neurological conditions who would benefit from intensive and progressive upper limb therapy.

HYDRO-PILATES: This circuit combines the benefits of Pilates with the healing and soothing benefits of hydrotherapy. Sessions include core strengthening, functional stability, breathing and stretching. This class is ideal for people who are new to exercise or have joint complaints or on-going aches.

EXERCISE CIRCUITS

	MON	TUES	WED	THURS	FRI
7AM					
10.30 AM	STRENGTH & BALANCE	STRENGTH & BALANCE	STRENGTH & BALANCE	STRENGTH & BALANCE	STRENGTH & BALANCE
11.45 AM		UPPER LIMB GROUP		UPPER LIMB GROUP	
12PM					
2PM	STRENGTH & BALANCE	STRENGTH & BALANCE	STRENGTH & BALANCE	STRENGTH & BALANCE	STRENGTH & BALANCE
6 PM		HYDRO-PILATES			

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Your Road to Recovery!