SOLUTIONS 4 WELLBEING
KIAMA

Fitness class timetable

In our rehabilitation gym on Terralong Street, Kiama · Gym open Mon–Thu 8am–6pm · Fri 8am–5pm

The week

	8am	9am	10am	11am	5pm
Monday		Bone Boost	Strength & Stability		
Tuesday		Heart Health	Stretch		Mat Pilates
Wednesday		Strength & Stability	Bone Boost		
Thursday			Heart Health	Parkinson's Group	Mat Pilates
Friday	Bone Boost	Strength & Stability	Stretch		

What each class is for

Bone Boost

Built specifically for bone health. Targeted strength and weight-bearing exercise designed to build bone density and muscle mass while keeping your joints moving well. Ideal if you have osteopenia or osteoporosis, or simply want to stay strong and steady as you age.

Heart Health

Focused on your cardiovascular system, and heart and lung health. Ideal for general fitness, or for conditions such as high blood pressure, high cholesterol or diabetes.

Mat Pilates

Mat-based Pilates, informed and supervised by an exercise physiologist or physiotherapist.

Strength & Stability

Improve muscle mass and bone density, strength and balance. Ideal for general fitness, or for conditions such as osteoarthritis, osteoporosis or diabetes.

Stretch

Improve your mobility with dynamic and static stretches, and joint and soft tissue mobilisation. Ideal for general mobility, muscle imbalance or joint pain, or for conditions such as osteoarthritis.

Parkinson's Group

A once-weekly exercise and education program designed to improve mobility and cognitive function for people living with a diagnosis of Parkinson's disease.

Gym and class prices

Gym membership

Casual visit	$30
10-visit gym pass, classes included Expires 12 weeks from first use	$280
Direct debit gym membership Gym access only — classes not included	$69.95 per fortnight

Pilates equipment

Casual visit	$34
10-visit package Expires 12 weeks from first use	$300
Fortnightly membership	$75 per fortnight
Pilates equipment + gym membership	$79.95 per fortnight