

SAVVY Clinical classes are specifically designed for small groups, ensuring that each participant receives focused and individualised attention during their sessions. By keeping group size small, our experienced healthcare professionals can closely monitor and address the unique needs of each participant, providing targeted therapy and support.

TIME	MON	TUE	WED	THU	FRI
9:15 AM				PD MOVERS	CLINICAL PILATES
10:00 AM	BALANCE @ BULLI				
10:15AM	SEATED YOGA	SUPERVISED STRENGTH	SUPERVISED STRENGTH	CARDIAC REHAB	
11:15 AM		BALANCE @ SAVVY			
12:00 PM					BALANCE @ FLINDERS
12:15 PM					STROKE GROUP
1:00 PM				HYDROTHERAPY	
1:15 PM				STRONG CIRCUIT	
2:30 PM	GROUP EXERCISE @ WINDANG				
3:15 PM		CLINICAL PILATES			

Specialised Clinical Classes

Clinical classes for Seniors

SAVVY Clinical Classes are either led by experienced Physiotherapists or Exercise Physiologists

Specialised Clinical Classes

All located at SAVVY WellCo, Fairy Meadow

CARDIAC REHAB

Designed for people with cardiac history or high risk of cardiac events. Using aerobic and resistance exercises, safely challenge the body and heart to increase cardiorespiratory fitness and decrease cardiac risk factors.

CLINICAL PILATES

Manage chronic conditions and injuries, improve mobility and strength and enhance overall physical function. Class is tailored to individuals' needs and goals. Maximum 4 participants per class.

PD MOVERS

Targeted exercise in the management of Parkinson's Disease, our circuit class is derived from PD warrior and modified to suit individual participants.

STROKE GROUP

Community centred stroke recovery group focused in regaining function, fitness and strength. Class includes a variety of activities tailored to participants' ability.

SUPERVISED STRENGTH

Follow your own prescribed program under the supervision of an Exercise Physiologist. Great for those wanting to build strength, but need guidance and support.

Clinical Classes for Seniors

Various locations, outlined below

BALANCE

Gentle, adapted exercise class with a focus on maintaining and improving functional strength, coordination and balance.
Locations: Bulli Community Centre (Mon), SAVVY WellCo (Tue), Flinders Child and Family Centre (Fri)

GROUP EXERCISE @ WINDANG

Individually tailored class working on full body strength, balance and mobility. Class aims to improve social engagement and wellbeing through physical activity.
Location: Windang Senior Citizens Centre

HYDROTHERAPY

Strength, mobility and balance exercises, combined with the buoyancy of water – the perfect environment for those who find land exercises difficult.
Location: McKeon Swim Centre, Unanderra (pool must be entered by steps)

SEATED YOGA

Adapted chair-based yoga focused on strength, balance, mobility, stress management and relaxation. If you have a body and can breathe, you can do yoga.
Location: SAVVY WellCo

STRONG CIRCUIT

Low impact class that uses a variety of seated and standing resistance exercises combined with breath work to improve overall strength, balance and fitness.
Location: SAVVY WellCo