

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	
10:00 AM	BALANCE @ BULLI				
10:15AM	SEATED YOGA		SUPERVISED STRENGTH	CARDIAC REHAB	
11:15 AM		BALANCE @ SAVVY			
12:00 PM					
12:15 PM					NEURO-FIT
1:00 PM				HYDROTHERAPY	
1:15 PM				STRONG CIRCUIT	
2:30 PM					
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.

### **NEURO-FIT**

Community centred neurological condition group focused on regaining function, fitness and strength. Class includes a variety of activities specifically tailored to a participants' capacity and goals.

### **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.

Location: Bulli Community Centre (Mon) and SAVVY WellCo (Tue)

### **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