

EXERCISE PROGRAMS

- **EMFL: Exercise Medicine for Life**
Supervised group exercise program to improve health and well-being for a range of chronic conditions.
- **Wellness**
High care supervised exercise group for people who require more additional support, including diabetes and cardiac/pulmonary rehabilitation.
- **DVA: Department of Veterans' Affairs Exercise**
Exercise for Veterans with a chronic condition or significant illness/injury.
- **Prostate Cancer Group Exercise**
Specialised progressive education and exercise program for those affected by prostate cancer.
- **Life Now**
12-week exercise program for those with a cancer diagnosis.
- **MoveKids**
Exercise for kids/teens who have challenges with social and physical development.
- **Breast Cancer Care**
Online 6-week exercise program for those with a breast cancer diagnosis.

	Monday	Tuesday	Wednesday	Thursday	Friday
7:00am	EMFL	EMFL	EMFL	EMFL	EMFL
8:00am	EMFL	EMFL	EMFL	EMFL	EMFL
9:00am	DVA	EMFL	EMFL	DVA	EMFL
10:00am	DVA	Wellness	DVA	DVA	Wellness
11:00am	DVA	EMFL	Wellness	DVA	EMFL
12:00pm	EMFL	Wellness	EMFL	Wellness	Wellness
1:30pm	LIFE NOW	EMFL	EMFL	EMFL	LIFE NOW
2:30pm	EMFL	DVA	Wellness	EMFL	DVA
3:30pm	Prostate	EMFL		Prostate	EMFL
4:00pm		MOVEKIDS			