



WARM WATER EXERCISES CLASSES

Exercise and therapy is far less painful in warm water than on land. Water provides low-impact, low-weight bearing exercise. Warm water exercise has many benefits including:

- Works the heart muscles
- Enhances balance and coordination
- Easy on the joints
- Reduces risk of injury
- Helps recovery from injury
- Low impact

Our Allied Health Assistants will lead this low impact exercise class for over 65's.

When: Monday at 10.30am and Thursday at 9.30am

Where: Apollo Bay Aquatic Centre

Cost: \$10

Bookings: Call 5237 8575

Enquiries: info@gorh.vic.gov.au

Clients must have an exercise assessment and a GP review prior to attending the warm water classes. Clients will also need to be over 65 and/or already an NDIS client.