



MEN'S WARM WATER EXERCISES CLASSES



Warm water exercise provides low-impact, low-weight bearing exercise in a supportive and warm environment. 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: Wednesday's at 10.15am (starting on Wednesday 26 April)

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.