



MIXED GYM GROUP

Each person follows their own individually prescribed program featuring a combination of cardio exercise, strength training, flexibility and balance exercises to keep you feeling better. Each week one of our qualified staff will be present to monitor your technique and make any changes as appropriate. Classes are;

- Suitable for those living with chronic conditions
- Part of the health coaching program, linking to other services as appropriate

When: Monday, Tuesday, Wednesday, Thursday and Friday at 8.30am and Tuesday, Wednesday and Thursday at 1.00pm

Where: Lorne Hospital Gym

Cost: \$10.00

Bookings: Call 03 5237 8575

Enquiries: Email info@gorh.vic.gov.au

An assessment by a physio or exercise physiologist required before first class. To book in for your assessment or for more information, please call or email using the details above. Please bring your own water bottle to class.