



Exercise Programs

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OR

Call: 1800 011 041

**Our Multidisciplinary
Team are here to help
with all chronic pain &
debilitating fatigue or
any other condition**



Small Exercise Physiology Gym Classes

Tailored gym programs designed around your goals by a qualified Exercise Physiologist.

GLA:D Program

GLA:D®, from 'Good Life with osteoArthritis in Denmark', is an education and exercise program developed by researchers in Denmark for people with hip or knee osteoarthritis symptoms.

Strength and Balance Program

An entry level exercise class designed to help strengthen muscles and improve balance to reduce the risks of falls.

All In!

All In! is an inclusive exercise space for LGBTIQ+ and Gender Diverse people. Run by our trans identifying Exercise Physiologist our aim is to provide a safe and welcoming clinical exercise setting for the sexually diverse community.

Hydrotherapy

Hydrotherapy is a form of exercise completed in a heated pool to assist with pain management and improve strength and mobility while also aiding in post-operative recovery.

Hydro Motion

Exercise Physiologist Instructor-led hydrotherapy group exercise class conducted in water focusing on strengthening joints and improving balance (low-moderate intensity)

Foundation Tai Chi

Tai Chi Foundations is a 45 minute, light Tai Chi exercise class, consisting of both seated and standing movements. This class will focus on the foundational movements of Yang-style Tai Chi without focusing on a structured routine.

SAGE Dance Class

Sassy Ageless Groove Experience Dance Class is designed to improve strength, agility and cardiovascular fitness while enjoying some great music and company!

Mat Pilates

Mat Pilates is a low-impact floor-based exercise program focusing on increasing core stability, control, flexibility and overall strength.

Yoga: Mat & Chair

Participation in Yoga improves your muscle tone, promotes better breathing habits, reduces stress, improves sleep and enhances and promotes a sense of well-being. Here at Arthritis ACT's our yoga program is offered in two styles, Mat Yoga and Chair Yoga.

Nordic Walking

NW is a great aerobic and strength exercise you can enjoy while outside, getting the upper and lower body moving. We provided training and group walking sessions.

Reformer Pilates

Reformer Pilates helps improve whole body strength, flexibility and posture. Reformer uses springs to add resistance to exercises you see in Mat Pilates. It is perfect for enhancing mobility and easing joint pain, while boosting overall wellness at any fitness level. All classes can be tailored to suit any condition or injury