

# STRENGTH & BALANCE 2025

A general exercise class designed to help strengthen the lower and upper body while also improving balance to reduce the risks of falls. Classes are held at different locations and will run throughout the year with progression classes now available.

**A 10-session pass cost \$150**

## Beginners

**Wednesdays: 9:30-10:30am** Building 18/ 170 Haydon Drive, Bruce  
**10:30-11:30am** Building 18/ 170 Haydon Drive, Bruce

## Advanced

**Mondays: 11am-12pm** SHOUT Building 1 Collett Place, Pearce  
**12pm-1pm** SHOUT Building 1 Collett Place, Pearce (New starters welcome)  
**1pm-2pm** Building 18/ 170 Haydon Drive, Bruce

**Wednesday: 12:45pm-1:45pm** Building 18/ 170 Haydon Drive, Bruce (New starters welcome)

**Fridays: 10am - 11am** Building 18/ 170 Haydon Drive, Bruce (**FULL**)  
**11am- 12pm** Building 18/ 170 Haydon Drive, Bruce

## Circuit Exercise Class

**Tuesdays: 10am- 11am** Weston Creek Neighborhood Hall, 6 Gritten St  
\* Designed as a circuit based class by our Exercise Physiologist\*

**An initial consultation with a clinician is  
required for all our programs.**

**Please call Arthritis ACT on 1800 011 041**