

Health and Wellness Centre - Autumn 2023

At Southern Plus East Fremantle H&W Centre, we're passionate about providing the best programs for our clients from our state-of-the-art facilities.

All program access is based on eligibility post an initial assessment to ensure the best fit.

One-to-one services are available upon request with our reception.
Medicare bulk-billed sessions are also available.



Aqua Fit

Aqua Balance

Aqua Recovery

Card payment

\$15

\$15

\$25

Commonwealth Support

\$8

\$8

\$8

Aqua Timetable

MON

TUES

WED

THURS

FRI

Aqua Fit ●
8.00am - 8.45am

Aqua Fit ●
8.00am - 8.45am

Aqua Fit ●
8.00am - 8.45am

Aqua Fit ●
8.00am - 8.45am

Aqua Balance —
9.15am - 10.00am

Aqua Balance —
9.15am - 10.00am

Aqua Balance —
9.15am - 10.00am

Aqua Balance —
10.15am - 11.00am

Aqua Recovery ▲
10.30am - 10.30am

Aqua Recovery ▲
10.30am - 10.30am

Aqua Balance —
10.15am - 11.00am

Aqua Balance —
11.30am - 12.15pm

Aqua Balance —
11.30am - 12.15pm

Places are limited and booking prior is mandatory so please manually sign up at our reception

6424 7443
varioclinic@southernplus.org.au
15 Wolsely Road, East Fremantle

Southern Plus⁺
East Fremantle
Health & Wellness Centre

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Strength for Life

Staying Strong

Tai Chi

Card payment

\$15

\$20

\$15

Commonwealth Support

\$8

\$8

\$8

Exercise Clinic Timetable

MON

TUES

WED

THURS

FRI

Strength for Life ●
9.30am - 10.30am

Strength for Life ● Strength for Life ●
9.30am - 10.30am 9.30am - 10.30am

Strength for Life ●
10.30am - 11.30am

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Staying Strong ▲
11.30am - 12.30pm

Staying Strong ▲ Staying Strong ▲
11.30am - 12.30pm 11.30am - 12.30pm

Staying Strong ▲
1.30pm - 2.30pm

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Aquatic Classes

AquaFit

Aqua Fit is a fun, low impact class designed for seniors. With easy to follow moves using equipment to improve cardiovascular, range of movement and coordination, it is suitable for all levels. This class will leave you feeling empowered and feeling alive.

Aquabalance

Aqua balance focuses on developing and strengthening the legs and upper body using equipment. Simple to follow exercises which targets balance, this class is a safe entry point for exercise post-operative or for musculoskeletal injuries that require progressive rehabilitation.

Aqua recovery (Physiotherapeutic Aquatic Hydro)

Group rehabilitation class; targeting specific injury sites per individual needs, general strength and mobility training. We concentrate on restoring joint range of movement and function, maintenance of current functional levels for seniors and stimulating mental health and wellbeing. Suitable for post knee and hip replacements, Osteo-arthritis, Rotator cuff injuries, knee and ankle instability or lower back pain.

Exercise Clinic Classes

Strength for Life

Strength For Life (Previously known as Living Longer Living Stronger). It is a low cost, evidence based progressive strength training and exercise program designed specifically for the over 50's to stay strong, active and fit. The exercise programs are individually tailored for each participant and it helps to improve balance, cardiovascular fitness, muscle strength and overall general wellbeing.

Staying Strong

This is a group-based class dedicated for people with complex health conditions and care needs which require a targeted program with a higher degree of support and supervision. This class will help to increase your confidence as well as maintain your independence for your daily activities.

Tai Chi for Arthritis

In 1997, Dr Paul Lam's team of Tai Chi and medical experts designed the program Tai Chi for Arthritis especially for people with arthritis. This program is based on Sun style Tai Chi for its unique Qigong component which has a powerful healing ability. It contains all the essential principles of Tai Chi and the movements are safe. It is short and easy-to-learn. Tai Chi for Arthritis helps arthritis by improving muscular strength, flexibility and fitness.