



AM CLASSES

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7.30AM
GENERAL
STRENGTH

8.30AM
STRETCH &
MOBILITY

10AM
GENERAL
STRENGTH

tues

8AM
PROSTATE
REHAB

9AM
GENERAL
STRENGTH

10AM
THRIVERSHIP
CLASS

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7.30AM
GENERAL
STRENGTH

8.30AM
GENERAL
STRENGTH

9.45AM
BALANCE &
GAIT

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7.30AM
GENERAL
STRENGTH

8.30AM
GENERAL
STRENGTH

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8.00AM
GENERAL
STRENGTH

9.15AM
BALANCE &
GAIT

sat

12.45PM
THRIVERSHIP
CLASS

PM CLASSES

1PM
PROSTATE
REHAB

3PM
THRIVERSHIP
CLASS





GENERAL STRENGTH

Our **General Strength** classes are run by exercise physiologists or personal trainers and include a variety of exercises targeting different muscle groups using bodyweight, free weights, resistance bands, or other equipment to improve overall strength, muscle tone, and endurance. Our instructors guide you through form, safety and making sure you enjoy your workout.



PROSTATE CANCER REHAB

Our **Prostate Cancer Rehab** classes are suitable for men who have been diagnosed with Prostate Cancer. Assessment required by our Men's Health Physiotherapist Annette Bezear. Please contact The McKenzie Clinic reception for more information.



STRETCH & MOBILITY

Our **Strength & Mobility Class** focuses on enhancing flexibility, joint mobility, and range of motion through a series of controlled movements, stretches in addition to strength building activities. These sessions target different muscle groups using bodyweight, free weights, resistance bands, or other equipment to gently improve overall strength, muscle tone, and functional movement.



THRIVERSHIP CLASS

The **Thrivership** Breast cancer recovery exercise classes are specifically designed programs for individuals during & post-treatment. These classes incorporate exercises, such as stretching, resistance training, and low-impact movements, aiming to aid in rebuilding strength, flexibility, and overall wellness after treatments. These classes are lead by instructors trained to work with cancer survivors.



BALANCE & GAIT

Our **Balance Class** incorporates exercises and movements that focus on coordination, stability, and core strength, aiming to improve participants' equilibrium, prevent falls, and improve overall balance by including activities like standing exercises, stability routines, and functional movements.



Our qualified instructors are focused on safety, exercise form and ensuring you get the most out of your session. Always advise them of your capabilities and injuries and they can provide modifications to assist reach your goals. Make sure you have medical clearance to take place in classes if you are recovering, rehabilitating an injury or returning after an extended break.