

Health and Wellbeing classes

Group timetable *(example only)*

	Monday	Tuesday	Wednesday	Thursday	Friday
7am	Cardio Fusion	Aqua Active	Cardio Fusion	Aqua Active	Cardio Fusion
7.30am					
8am	Core Revival Pilates		Core Revival Pilates		Core Revival Pilates
8.30am					
9am		Balance and Flow		Balance and Flow	
9.30am	Clinical Groups				
10am			Clinical Groups		
10.30am					

Did you know we offer health and exercise classes? Led by our experienced physiotherapists and exercise physiologists, our classes are designed to be inclusive and motivating.

Whether your goal is to build strength, improve flexibility, or simply have fun, we're here to support you every step of the way.



Classes available at:

Fulton Wellbeing Centre

620 Seventeen Mile Rocks Road
Sinnamon Park

Wheller Gardens Wellbeing Centre

930 Gympie Road
Chermside

We'd love to kickstart your health journey! Call today to book your initial assessment with our allied health team.

1800 448 448 | healthandwellbeing@wmq.org.au

Health and Wellbeing classes

Aqua Active

Make a splash while improving your exercise! This fun, low-impact class uses pool-based equipment to boost heart health, strength, balance, mobility, and flexibility. Perfect for everyone, including those with chronic illness, limited movement, or anyone seeking an effective, joint-friendly workout.



Core Revival Pilates

Strengthen your core and move with confidence! Designed for those who can transition from standing to the mat, this class targets your abs, lower back, hips, and glutes, enhancing strength, functionality, and mobility. With a focus on stability, muscular control, and body awareness, you'll leave feeling energised and empowered.



Balance and Flow

Feel good and move better! This gentle yet effective class combines light weights, resistance equipment, and stretches to enhance balance, coordination, and flexibility. With added breathing and relaxation exercises, it's ideal for those looking for an accessible alternative to yoga or tai chi. Build confidence, stay motivated, and enjoy every movement!



Cardio Fusion

Work up a sweat and level up your strength! This exercise class blends cardio activity free weights and machine weights, making it perfect for those wanting to get fitter and stronger and enjoy an active life ! Led by our expert team, you'll learn the what, why, and how of resistance training, empowering you to take control of your health and wellbeing with confidence.



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