

# Health and Wellbeing classes - Group timetable

## Wheller Gardens Wellbeing Centre

|                  |   |  |   |   |
|------------------|---|--|---|---|
| <b>Monday</b>    | <b>Cardio Fusion</b><br>7.00am to 8.00am        |  |   |   |
| <b>Tuesday</b>   | <b>Core Revival Pilates</b><br>7.30am to 8.30am | <b>Aqua Active</b><br>1pm to 2pm<br>Ferry Hills Pool |   |   |
| <b>Wednesday</b> | <b>Cardio Fusion</b><br>7am to 8am              | <b>Aqua Active</b><br>8am to 9am<br>WOTP only        |   |   |
| <b>Thursday</b>  | <b>Core Revival Pilates</b><br>7.30am to 8.30am | <b>Aqua Active</b><br>8am to 9am<br>WOTP only        | <b>Aqua Active</b><br>12noon to 1pm<br>Newmarket Pool | <b>Balance and Flow</b><br>1.30pm to 2.30pm |

**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](mailto:healthandwellbeing@wmq.org.au)

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:**

**Wheller Gardens Wellbeing Centre**  
930 Gympie Road  
Chermside



# 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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