

Health and Wellbeing classes - Group timetable

Fulton Wellbeing Centre

Monday	Aqua Active 7.00am to 8.00am Hydrotherapy pool		
Tuesday	Cardio Fusion 7.00am to 8.00am Fitness Centre		
Wednesday	Aqua Active 7.30am to 8.30am Hydrotherapy pool	Core Revival Pilates 7.30am to 8.30am Fulton group room	Balance and Flow 1pm - 2pm
Thursday	Cardio Fusion 7.00am to 8.00am Fitness Centre		

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

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



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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