

2/24 Edgar St
 Coffs Harbour, NSW 2450
 ph 66526001
 E: info@healthymobility.com.au
www.healthymobility.com.au



Monday	Tuesday	Wednesday	Thursday	Friday
8 – 9 am Fit & Fab 50 +		8-9 am Fit & Fab 50+		
9.30-10.30am PhysioMoves				
		10-11 am Pilates		
	2-3 pm Falls Prevention			
5-6 pm Pilates	5.15 – 6.15pm Fit & Fab 50+			

Please Note: as class sizes are small **bookings are required.** Please contact us to confirm your place.

Wear well fitting shoes for all classes except Pilates (where you just wear socks) and comfortable casual clothing. You should also bring a drink bottle and towel as well as any medications you might need while exercising.

PhysioMoves: This low-to-moderate intensity exercise program is designed to be safe for people who are living with stable, long term health conditions such as heart disease, diabetes, arthritis or obesity. However, Physio Moves classes are open to everyone to participate. You can exercise at your own pace in a friendly atmosphere.

Pilates is a type of exercise that focuses on the use of core postural muscles which help keep the body balanced and are essential to providing support for the spinal column. Pilates exercise teaches awareness of breathing and alignment of the spine while aiming to strengthen and improve coordination and control of the deep torso and pelvic muscles. An assessment by our experienced physiotherapist is recommended to ensure you are correctly using your core muscles when participating in the class.

Fit & Fab for Over 50: A Low impact and low to moderate intensity class for people between 50 and 79 who want to improve their fitness, balance, strength and gain confidence to participate in other forms of exercises. An assessment by our experienced physiotherapist prior to commencing the class is recommended to determine your physical condition and tailor the exercises to maximise the benefit of the class.

Falls Prevention: A class aimed at people who have a moderate to high falls risk who need to improve their balance and strength to reduce their risk of falling and thus reduce the risk of fractures from falls and improve their likelihood of staying at home for longer. An assessment by our experienced physiotherapist prior to commencing the class is recommended to determine your falls risk and tailor the exercises to maximise the benefit of the class.