

FIT FOR LIFE

Classes are suitable for anyone that wants to improve their fitness and/or strength, reduce their weight, improve their balance or work towards a specific goal. This class is beneficial to those with a Type 2 Diabetes referral.

Location: THRIVE Gym Wallan and Pilates Studio Kilmore.

Duration:
45 mins | *Initial Assessment Required

HYDROTHERAPY

Hydrotherapy is the use of water for therapy, rehabilitation, exercise, relaxation and more. It involves exercising in a heated pool to help treat a condition and/or improve our recovery after injury, illness or surgery.

Location: Kilmore Leisure Centre

Duration:
50 mins | *Initial Assessment Required



PRICING

| | Single | 6 Pack | 12 Pack |
|--------------|--------|--------|---------|
| Fit For Life | \$23 | \$110 | \$220 |
| Hydrotherapy | \$23 | \$110 | \$220 |

LOCATIONS

Pilates Studio
77A Sydney Street, Kilmore

Kilmore Leisure Centre
White Street, Kilmore

THRIVE
3/88 Watson Street, Wallan

CONTACT

57822844
admin@kilmorewellnesscentre.com.au
www.kilmorewellnesscentre.com.au



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FITNESS CLASS TIMETABLE

Call 57822844 to book!

FITNESS CLASS TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

HYDROTHERAPY
Kilmore Leisure
Centre

8:00am
Janet

8:00am
Janet

FIT FOR LIFE
Pilates Studio
(Killmore)

11:00am
Gail

FIT FOR LIFE
THRIVE
(Wallan)

11:30am
Gail

10:00am
Gail

11:00am
Gail

57822844

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