

FIT FOR LIFE

A group class facilitated by an exercise physiologist, where you will independently complete a program specifically tailored to focusing on your specific needs and conditions, which may include a previous injury, health condition, or 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

TAI CHI

Tai Chi for Health and Falls prevention is a gentle form of exercise with slow, intentional movements. Tai Chi can increase muscle strength, combat lower limb weakness, improve balance and stability, and improve mental wellbeing.

Location: Kilmore Memorial Hall

ENERGISE TO THRIVE

This low impact class is designed for those who really want to challenge their whole body strength, flexibility, and mobility whilst improving their balance and stability.

The class incorporates a Tai Chi flow sequence, Yoga postures vinyasa style and Qi Gong movements for a moving meditation.

Location: Kilmore Memorial Hall



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

Kilmore Memorial Hall
14 Sydney Street, Kilmore

THRIVE Gym Wallan
3/88 Watson Street, Wallan

CONTACT

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KW C

FITNESS

CLASS

TIMETABLE

Call 5782 2844 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
(Kilmore)

11:00am
Gail

FIT FOR LIFE
THRIVE
(Wallan)

11:00am
Gail

11:00am
Gail

10:00am
Gail

11:00am
Gail

**ENERGISE TO
THRIVE**
Memorial Hall
(Kilmore)

9.45am
Dannielle

TAI CHI
Memorial Hall
(Kilmore)

2.00pm
Dannielle

11.00am
Dannielle