

## Ballan Allied Health Exercise Groups 2026

### Falls & Balance

Falls & Balance is a land-based group session designed for falls prevention. The group is supervised by two Allied Health professionals in our gym as they take you through various strength exercises & balance-based activities.

### Beat It

Beat It is a physical activity program for people at risk or living with chronic conditions & involves a combination of cardiovascular, and strength exercises.

### Aqua Circuit

Aqua Circuit is a pool-based exercise group and involves a combination of cardiovascular and strength exercises. Attendees of this group class can experience the benefits of low-weight bearing activity to help improve health and fitness.

### Be Active

Be Active is a gym-based program designed at helping people return to self-managed exercise. In this program, clients are given a tailored exercise program which they will receive demonstration and education on to ensure they can complete it without one-on-one supervision.

### GymFit

GymFit is an advanced land-based exercise program run in our gym that targets global strength and fitness. Clients can expect a range of machine and body weight exercises to help meet fitness goals.

### Joint Therapy

Joint Therapy is a physio led rehabilitative program designed to improve joint health of those experiencing conditions such as Osteoarthritis, Rheumatoid Arthritis, Total Joint Replacements and more.

### Group Hydrotherapy

Private Group Hydrotherapy is a Physio led supervised group therapy session open for Physiotherapy clients upon consult with an appropriate clinician. This group also includes a tailored program created to suit your needs.

### Steady Steps

A gentle, supportive exercise group led by an Accredited Exercise Physiologist, ideal for those who have recently completed cardiac/pulmonary rehabilitation or oncology treatment. This program focuses on rebuilding strength, improving quality of life, and enhancing overall wellbeing in a safe and welcoming environment.

## Ballan Allied Health Exercise Groups

Monday	Tuesday	Wednesday	Thursday	Friday
Beat It 9am	Beat It 9am			
Aqua Circuit 10:30am	Be Active 10:30am	Beat It 10am	Beat It 10am	Beat It 10am
Steady Steps 10:30am			Be Active 12pm	
Be Active 12pm	Hydrotherapy 12pm	Be Active 12pm	Hydrotherapy 12pm	Be Active 12pm
Falls & Balance 1pm	Gym Fit 1:30pm	Falls & Balance 1pm		Falls & Balance 1pm
Be Active 2:30pm	Be Active 2:30pm	Be Active 2:30pm	Be Active 2:30pm	Joint Therapy 2:00pm