|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| **PILATES**ACTIVATE5:00pmPatricia | **PILATES**CONTROL0800 am Patricia | **PILATES**ACTIVATE6:30amPatricia | **PILATES** LAUNCH5:00pmPatricia | **PILATES** ACTIVATE0700 amPatricia |  |
| **PILATES**ACTIVATE6:00pmPatricia | **PILATES** ACTIVATE9:00amPatricia  | **PILATES**CONTROL7:30amPatricia |  | **PILATES** CONTROL0800 amPatricia |  |
|  | **PILATES**LAUNCH10:00amPatricia | **PILATES**CONTROL9:00amPatricia |  | **PILATES**CONTROL09:00amPatricia |  |
|  |  | **PILATES**ACTIVATE10.00amPatricia |  | **PILATES**ACTIVATE10:00amPatricia |  |
|  |  | **PILATES**CONTROL6.00pmRachel |  |  |  |
|  |  | **PILATES**ACTIVATE7.00 pm Rachel |  |  |  |

 PILATES Reserve your spot at Keystone Health

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| **DIABETES GROUP**All levels7:00amAlex | **GENERAL FITNESS**Intermediate7:00amAlex |  | **HYDRO (KMC Pool)**All Levels12:00mdAlex |  |  |
| **DIABETES GROUP**All levels8:00amAlex | **REHAB** All Levels8:00amAlex |  |  |  |  |
| **READY STEADY ABLE GROUP**Falls Prevention9:00amAlex |  |  |  |  |  |
| **HYDRO (KMC Pool)**All Levels12:00mdAlex |  |  |  |  |  |

 GYM & HYDRO (GYM @ SWR, Hydro @ Kempsey Hospital)

Reserve your spot at Keystone Health

Call to make an appointment - Seascape Medical Centre on 65666005