



# PDC Fitness Studio Timetable

All classes run by Accredited Exercise Physiologists or Physiotherapists

	Monday EVP	Tuesday EVP	Tuesday Kalamunda	Wednesday EVP	Thursday EVP	Friday EVP	Saturday EVP
7am						HIIT Class	
8am		Self Paced Monitored Session			Self Paced Monitored Session	Self Paced Monitored Session	Self Paced Monitored Session
9am	One on One Session	Strength For Life & Exercise Right		Self Paced Monitored Session	Self Paced Monitored Session	Self Paced Monitored Session	Muscle Builder Class
10am	10:30am Physio Rehab Class	Self Paced Monitored Session	Self Paced Monitored Session	One on One Session	Strength For Life	Strength For Life	Boxing for Fitness
11am	One on One Session	Strength For Life & Exercise Right	Self Paced Monitored Session	Strength For Life	Strength For Life	One on One Session	One on One Session
12pm			One on One Session	Mat Strength and Stretch		Mat Strength and Stretch	12:30pm Self Paced Monitored Session
1pm		One on One Session	One on One Session	One on One Session	One on One Session		
2pm		One on One Session		One on One Session	One on One Session		
3pm				One on One Session	One on One Session		
4pm		One on One Session				<p><b>PDC HEALTH HUB</b> Provided by Perth Diabetes Care</p>	
5pm		Self Paced Monitored Session		Physio Rehab Class			
6pm		Muscle Builder Class		Advanced HIIT Class			Exercise Physiology - Dietitian - Diabetes Educator - Physiotherapist - Podiatrist -Psychologist

# PDC Fitness Hub

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## Classes available @ PDC Fitness Hub

### Exercise Right for Active Ageing

Government-funded program for inactive people over 65 or Aboriginal and Torres Strait Islander people over 55. Individually prescribed exercise programs run in a group setting. Includes 12 subsidised exercise sessions, which run during Exercise Right classes.

### Strength For Life - over 50's exercise class

Formerly known as Living Longer Living Stronger (LLLS). Individually prescribed exercise programs run in a group setting. Focuses on progressive strength training and balance to encourage a healthy ageing process.

### Mat Strength and Stretch

A lunchtime group fitness class involving mat based strengthening and flexibility of the important muscles involved in posture and proper bodily movement. Assists to decrease shoulder, neck and back pain caused by occupational postures and to prevent them from occurring.

### Muscle Builder

Group fitness class aimed at increasing muscle mass and tone, whilst decreasing fat mass, building bone density and preventing chronic disease. Utilising free, machine and body weights targeting the whole body.

### HIIT (High Intensity Interval Training)

Group fitness class aimed at increasing aerobic fitness, burning fat and preventing chronic disease. Combination of body exercises, cardio machines and free weights. Gets you fit fast through short bouts of High intensity work, followed by a short recovery period.

### Boxing for fitness

Group fitness class utilising boxing bags, partnered boxing, boxing drills and HIIT style cardio to improve fitness, muscular strength and endurance, and burn fat. No boxing experience required.



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- Bookings essential
- Gym memberships available
- Initial Assessment required with one of our exercise physiologists or Physiotherapists prior to commencing group sessions