

Stronger Today

Are you looking for a targeted program to help you get fit, maintain mobility and strength and get more out of life?

Information provided by Southern Cross Care

This group exercise program, delivered by **Southern Cross Care**, offers all this and more for people aged 50+. The best news is, you can join the program in two locations - at the Charles Darwin University campus (CDU Fitness Hub) in Casuarina, and the Darwin Community Hub at Pearl in Fannie Bay.

Cost:

Prices vary depending on different funding options - please talk to the friendly health and wellness team at Southern Cross Care about the option that would best suit you!



Each new client will need an initial assessment of one hour with their Exercise Physiologist.

After the assessment the client is usually booked in for a few one on one sessions with a staff members to develop/learn their individualised exercise program.

They can then transition into a group class if they are suitable, or continue with one on one treatment.

Stronger Today group classes and one on one exercise sessions in the gym run for 55mins

Charles Darwin University: Classes currently on Tuesday & Thursdays at 9:00am
Maximum class size of 6 (Clients **must** be able to mobilise and transfer independently).

Fannie Bay Location: Classes run from 9am- 3pm most week days
Maximum class size of 6

Maximum class size of 3 for ***Stronger today lower functioning***

Call Southern Cross Care on 8946 1803, or email them at darwin.hws@southerncrosscare.com.au

