

SPECIALTY CLASSES

2021 Schedule

	T2D Group Education	Move with Women	My Health for Life	BEAT IT	Exercise Right for Active Ageing	Arthritis Moves (ONLINE)	Total Knee Replacements	Anxiety & Depression	Secret Women's Business	Osteoporosis & Muscle Wastage	Men's Prostate	
January				Jan 18th—Mar 10th 10am Mon & Wed	Ongoing enrolments for 2021 Thurs 9am	Ongoing enrolments for 2021 Mon 9am Thurs 3pm Sat 8am				Jan 23, 30 & Feb 6 Sat 10am-11am		
February	Feb 9th 10am or 6pm			Mar 31—May 19 10am Wed & Fri								
March			MH4L 1— Starts Mar 11									Mar 13, 20 & 27 Sat 10am
April			MH4L 2— Starts Apr 14	April 13-June 3 Tues 2pm Thurs 1.30pm								
May	Tues May 18th 10am or 6pm							May 7, 14 & 21 Fri 2pm-3pm				
June			MH4L 3— Starts July 7									
July	Tues July 20 10am or 6pm	Fri July 7 10am									July 9, 16 & 23 Fri 2pm-3pm	
August			MH4L 4— Starts Aug 9									
September		Fri Sept 17 10am										Sept 10, 17 & 24 Fri 2pm-3pm
October	Oct 12th—Nov 30th 10am or 6pm		MH4L 5— Starts Oct	Oct 5th ONLINE Tues 5.30pm Thurs 5.30pm					Oct 9, 16, 23 Sat 10am-11am	Oct 9. 16, 23 Sat 11am-12pm		
November								Nov 5, 12 & 19 Fri 2pm-3pm				

Subject to change



SPECIALTY CLASSES

2021 Schedule

T2D Group Education	Move with Women	My Health for Life	BEAT IT	Exercise Right for Active Ageing	Arthritis Moves (ONLINE)	Total Knee Replacements	Anxiety & Depression	Secret Women's Business	Osteoporosis & Muscle Wastage	Men's Prostate
<p>Purpose: To provide Type 2 Diabetes Education over 8 consecutive weeks to help manage this metabolic condition by introducing appropriate physical activity and the most current information during the theory sessions.</p> <p>Cost: Bulk Billed with a doctors referral for Type 2 Diabetes Group Services</p>	<p>Purpose: This program has been specifically created for Women and is suitable for all ages (18+), all fitness levels and all backgrounds. With a focus on fun, the Move with Women program promises to bring participants an enjoyable experience as they learn about how exercise can benefit your health, discover new ways to relax, meet new friends and hear about popular topics relating to Women.</p> <p>9 Week Course</p> <p>Cost: FREE to register call 1800 328 951 or visit www.movewithwomen.com.au</p>	<p>Purpose: My Health for Life is a 6 month course for people with a high risk of developing chronic conditions such as heart disease, stroke and type 2 diabetes to encourage them to make healthy lifestyle changes. All group sessions are theoretical lifestyle and behaviour change modules (covering goal setting, healthy eating, physical activity guidelines etc.)</p> <p>Cost: Government funded if set criteria is met. Check eligibility at myhealthforlife.com.au or phone 13 74 75.</p>	<p>Purpose: BEAT IT is a FREE 8-week physical activity and lifestyle program for Diabetics, delivered by an Exercise Physiologist. This life changing program can help you get back into a healthy routine to better manage your diabetes. Whether you have exercised before or need some help getting started, the BEAT IT program will help you on your journey to a healthier and more active lifestyle. The Exercise Physiologist will tailor individual exercises to your specific needs within a friendly and supportive environment.</p> <p>Two x one-hour exercise sessions per week for 8 weeks (16 sessions in total)</p> <p>Total Cost: FREE for all Diabetics, call 1300 136 588 to register for program.</p>	<p>Purpose: Exercise Right for Active Ageing is an initiative of Exercise & Sports Science Australia funded through a Sport Australia -Better Ageing Grant. The program will allow people over 65 years of age to access 12 x 1-hour subsidised exercise sessions. In the Exercise Right for Active Ageing exercise sessions you will participate in group-based activities at a low to moderate intensity. The sessions will include large muscle-group aerobic activities and will include safe strengthening exercises on special equipment. The sessions will be delivered by an Exercise Physiologist.</p> <p>12 x 1-hour exercise sessions</p> <p>Total Cost: Government co-funded, \$8 per session plus a fee of \$18.50 for pre-assessment. Phone Reception on 3261 1249.</p>	<p>Purpose: Arthritis Moves is a FREE group online-based exercise program designed for people who have arthritis and other chronic musculoskeletal conditions. Classes are designed to help people to manage pain and stiffness, increase strength and fitness and improve their quality of life. Arthritis Moves offers online-based exercise 10 week group.</p> <p>1 hour exercise session per week for 12 weeks</p> <p>Total Cost: "Pay-what-you-can". You can choose to access the program for FREE (\$0), at half price (\$60) or at the standard price (\$120). Contact Arthritis Queensland on 1800 011 041 to register for program</p>	<p>Purpose: To provide information about how you can help yourself during the pre and post surgical stages of having bilateral (both knees) or unilateral (one knee) total knee replacements. To provide theoretical, technical education.</p> <p>3 Week Course</p> <p>3 Week Course</p> <p>Total cost \$55</p>	<p>Purpose: To provide theoretical education on what anxiety and depression are and how exercise can help manage symptoms as well as practical application of exercises.</p> <p>3 Week Course</p> <p>Total cost \$55</p>	<p>Purpose: To provide theoretical education about the muscles in the pelvic floor and their importance, how to look after them and practical exercise application to help build or maintain pelvic floor integrity.</p> <p>3 Week Course</p> <p>Total cost \$55</p>	<p>Purpose: To provide theoretical education about the conditions of osteoporosis and sarcopaenia and to teach practical application of exercise to reduce risk or help maintain bone density and muscle mass.</p> <p>3 Week Course</p> <p>Total cost \$55</p>	<p>Purpose: To provide theoretical and practical education about incontinence, symptoms of prostate cancer, and pelvic floor training pre and post prostate surgery. Make a man aware about his pelvic floor muscles and how to use them to prevent future problems or help him to face an operation.</p> <p>3 Week Course</p> <p>Total Cost \$55</p>

SPECIALTY CLASSES are designed to give members and non-members opportunities to:

- learn more about particular conditions,
- using the best practice in lifestyle modification and exercise
- skills to be able to put the knowledge into practice.

SPECIALTY CLASSES are designed to provide the general community with access to the Green Apple educational services to expand their understanding of the role of tailored physical activity in managing multiple conditions. And to enable Green Apple clientele access to extra services to help increase their knowledge and understanding of other aspects of certain conditions and gain maximum benefit from their journey within the Green Apple.

