



Type II Diabetes Class

Mondays 10-11am

A gentle exercise class that includes a combination of cardio and floor-based exercises to help improve muscle mass, mobility, and assist with weight loss. Class is targeted toward people with Type II Diabetes, but it is also suitable for people with stable long term health conditions such as heart disease and obesity.

If referred from your GP we offer an evaluation with an Exercise Physiologist and up to 8 sessions of exercise at NO cost to you.



**Please ring to
reserve your place
Ph 3803 2100**