

Weekly Class Schedule

ACTIV8 HEALTH CLUB PTY LTD



181 PORT HACKING ROAD, CARINGBAH, NSW, 2231

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45am						
7:45am			Allied Health Small group			
8:00am		Allied Health Small group				
8:45am				Allied Health Small group		
11:00am	Allied Health Small group					
←→						
1:30pm						

Class Descriptions

Allied Health Group - 45min

These 45-minute small group sessions are customized for addressing and managing chronic medical conditions. They offer an excellent opportunity for education and treatment provided by Exercise Physiologists and/or Physiotherapists. Each session is tailored to the individual's current health situation, with participants following their own personalized program under the supervision of the practitioner(s). These classes are complimentary with our Allied Health Membership option, and additional attendance is available for a fee.

Please note that these sessions may be eligible for claims through Medicare, Health Fund, and other specific programs.

NDIS Small Group - 45min

Tailored for each participant on the NDIS, these group sessions are individually crafted. Participants will engage in their personalized programs while enjoying the opportunity to socialize with fellow NDIS participants. Accredited exercise physiologists and/or physiotherapists lead these sessions, ensuring expert and close supervision. Consultation fees for these sessions are billed under the participant's NDIS plan.

Functional Fitness - 45min

Experience the pleasure of functional training, a group session that combines conditioning and resistance training. These sessions offer a diverse range of activities, including cardiovascular training with elements like stairs, sand dunes, and boxing, as well as resistance training incorporating circuits, TRX, and kettlebells. Classes take place at our Health Clubs.

Kids Health - 45min

Our Kids Health Exercise Classes aim to instill a love for movement and exercise in children while emphasizing the importance of maintaining a healthy lifestyle from an early age. With a mix of dynamic exercises, playful games, and interactive sessions, these classes not only contribute to physical fitness but also foster social skills and teamwork.