



EngAGE Exercise

Small Group Exercise

EngAGE exercise classes are designed to support clients wanting to improve their strength and fitness:

- ✔ Two levels of classes offered to ensure participants are able to engage in activities appropriate to their needs program.
- ✔ Combination of circuit and clinician-lead exercises
- ✔ Delivered onsite utilising AQHealth's state-of-the-art HUR machines, free weights and resistance bands.



AQ Health keeping you well and able longer with:

Wellness & Reablement Programs

- ✓ Music Therapy program
- ✓ Cognitive Stimulation Therapy classes
- ✓ EngAGE small group exercise
- ✓ PowerPD – Parkinson's Wellness program
- ✓ Carer Wellness program.
- ✓ Balance and Bend small group exercise

Allied Health Specialist Services

- ✓ Physiotherapy, exercise physiology, occupational therapy, music therapy, and more
- ✓ Orthopaedic rehabilitation
- ✓ Pain management
- ✓ Falls prevention
- ✓ Hydrotherapy
- ✓ Memory screening and cognitive assessments
- ✓ Home modification assessments and assistive aid prescriptions (i.e., walkers, wheelchairs).
- ✓ COPE therapy

For session availability and fees please contact our clinics. Private health rebates or CHSP, HCP and CDM subsidies available on all services.

