INNOVATE
EXERCISE PHYSIOLOGY

We run 17 weekly group classes specifically designed for older adults who want to move with confidence, manage pain, and stay strong in a comfortable, friendly setting. Because we are a clinical facility, all participants must complete an initial 1-on-1 assessment with an Exercise Physiologist before joining. This ensures your program is perfectly tailored to your health history and goals.

Choose the Right Class for You:

Exercise Right for Active Aging (ERAA)

Duration: 1 Hour

Best For: Adults over 65 looking to maintain independence, confidence, and agility.

What to Expect: A welcoming mix of free weights and targeted balance exercises designed to prevent falls, protect joints, and keep you moving effortlessly.

Chronic Disease Management (CDM)

Duration: 1 Hour

Best For: Those managing chronic conditions who want to build strength and resilience actively.

What to Expect: a higher-intensity session with a strong focus on increasing muscle mass, boosting metabolic health, improving bone density and controlling blood sugar levels

Clinical Mat Pilates

Duration: 45 Minutes

Best For: Anyone managing back, hip, or knee pain who wants a low-impact, highly effective exercise session

What to Expect: focused on core control, stability, and posture. This class builds deep structural strength while being incredibly gentle on sensitive joints.

Pricing & Rebates

We believe in making expert health care accessible:

Casual Class: $20

10-Class Pack: $180 (Save $20!)

Private Health Rebates: because Accredited Exercise Physiologists lead our classes, you may be eligible for a rebate depending on your private health fund and level of cover.

Ready to Start?

1. Book your 1-on-1 EP Assessment at the front desk or via 0419 159 903
2. Find your perfect time slot from our 17 weekly classes.
3. Start moving safely with an expert by your side!

ESSA

We support the ndis

VALD HEALTH

WorkSafe VICTORIA