

# WELLNESS GROUP EXERCISES



UJ Biokinetic and Aqua Rehabilitation Centre invites you to join the wellness group initiative aimed at improving activities of daily living and fall prevention.

## Please note:

These sessions are designed for group participation, should you require individual exercise prescription please consult your Bio. Classes will be limited to 6 participants.

Classes will alternate between land and water

Monday 09:00- 10:00 and Thursday 09:00- 10:00

Place: UJ Biokinetic and Aqua Rehabilitation Centre, Bunting road, Auckland Park.

Cost: R250 pp/month (Valid 2019)

For more information contact

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