

GROUP WELLBEING CLASSES

Empower Healthcare Physio led group sessions with a twist

MOVE, LAUGH, CONNECT

Join us for All-Abilities Group Exercise Classes – fun exercise classes designed with something for everyone.

Whether it's gentle movement, balance activities, or energising stretches, our sessions are tailored to all abilities and focus on enjoyment, connection, and wellbeing.

Together we build strength, confidence, and community in a safe, supportive environment where every resident can shine.



GROUP ACTIVITIES

- Balance Boost
- Strength In Motion
- Balance + Exercise
- Stability & Strength
- Step Up Walking Group

Register your interest with your Empower Physiotherapist