



PROGRAM: Fitness

TIME: 1 – 3PM

DAY: Wednesday

FACILITATOR: Hannah Wendt

AIM: Our program is all about moving and feeling amazing while building strength, confidence, and independence! We create a safe, supportive, and exciting space where everyone can enjoy being active and proud of their progress.

We aim to:

- Make exercise fun and rewarding with engaging workouts.
- Boost strength, flexibility, and endurance to help with everyday life and overall health.
- Build confidence and happiness by celebrating achievements big and small.
- Create friendships and a sense of community in a positive, welcoming environment.

Our mission is simple: Move, Smile, Thrive – because fitness should feel good and be fun for everyone.

GOALS: (Relates to NDIA goals of clients)

- Develop daily living skills through activities that support physical health and confidence.
- Increase independence by improving strength and mobility for everyday tasks.
- Build confidence and self-esteem by achieving personal fitness and swimming milestones.
- Create healthy habits that support long-term independence and quality of life.
- Learn new skills such as swimming techniques or safe exercise practices

OUTCOMES:

- Improved physical health-increased strength, flexibility, balance and cardiovascular fitness.
- Skill development – learning safe exercise techniques and swimming skills.
- Social connection – building friendships and feeling part of a supportive community.
- Enhanced mobility and independence – greater ability to complete everyday tasks with confidence
- Achievement of personal and NDIS goals – progress toward independence, community participation, and improved quality of life

RESOURCES:

Supportive staff	Accessible spaces
Water bottle	Visual guides and plans
Hat	First aid support
Sunscreen	Equipment
Enclosed shoes	

❖ Please find attached Risk Assessment



WEEK	TOPIC	WHAT TO BRING	COST
WEEK 1 DATE: 1.04.26	Participants will attend group fitness sessions at F45 , focusing on cardio and strength exercises to support overall fitness in a fun and supportive environment.	Participants attending F45 Training should bring a water bottle, small towel, and wear comfortable activewear with closed-toe training shoes. Participants may also like to bring any personal medication if required (e.g., inhaler).	\$10
WEEK 2 DATE: 8.04.26	Participants will attend group fitness sessions at F45 , focusing on cardio and strength exercises to support overall fitness in a fun and supportive environment.	Participants attending F45 Training should bring a water bottle, small towel, and wear comfortable activewear with closed-toe training shoes. Participants may also like to bring any personal medication if required (e.g., inhaler).	\$10
WEEK 3 DATE: 15.04.26	Participants will attend group fitness sessions at F45 , focusing on cardio and strength exercises to support overall fitness in a fun and supportive environment.	Participants attending F45 Training should bring a water bottle, small towel, and wear comfortable activewear with closed-toe training shoes. Participants may also like to bring any personal medication if required (e.g., inhaler).	\$10
WEEK 4 DATE: 22.04.26	Participants will attend group fitness sessions at F45 , focusing on cardio and strength exercises to support overall fitness in a fun and supportive environment.	Participants attending F45 Training should bring a water bottle, small towel, and wear comfortable activewear with closed-toe training shoes. Participants may also like to bring any personal medication if required (e.g., inhaler).	\$10
WEEK 5 DATE: 29.04.26	Participants will attend group fitness sessions at F45 , focusing on cardio and strength exercises to support overall fitness in a fun and supportive environment.	Participants attending F45 Training should bring a water bottle, small towel, and wear comfortable activewear with closed-toe training shoes. Participants may also like to bring any personal medication if required (e.g., inhaler).	\$10
WEEK 6 DATE: 6.05.26	Participants will play Lawn Bowls , a fun and social game that develops focus, coordination, and teamwork in a relaxed outdoor setting.	Participants will need comfortable shoes, sun protection (hat, sunscreen), water, and sun safe clothes.	Cost to be determined.
WEEK 7 DATE: 13.05.26	Participants will take part in Golf , practicing their skills and enjoying a fun, engaging, and relaxed activity.	Participants will need comfortable clothing suitable for golfing, closed-toe shoes, hat and sunscreen, water. Balls will provide had clubs available to use.	\$5



		However, if you have your own golf clubs, please bring them along.	
WEEK 8 DATE: 20.05.26	Participants will play Lawn Bowls , a fun and social game that develops focus, coordination, and teamwork in a relaxed outdoor setting.	Participants will need comfortable shoes, sun protection (hat, sunscreen), water, and sun safe clothes.	Cost to be determined.
WEEK 9 DATE:27 .05.25	Participants will take part in Golf , practicing their skills and enjoying a fun, engaging, and relaxed activity.	Participants will need comfortable clothing suitable for golfing, closed-toe shoes, hat and sunscreen, water. Balls will provide had clubs available to use. However, if you have your own golf clubs, please bring them along.	\$5
WEEK 10 DATE: 03.06.26	The sessions will take place at Stadium Premier GYM and will focus on boxing-based fitness training, including basic boxing techniques, pad work, and fitness drills to improve strength, coordination, and overall fitness.	Participants should bring comfortable clothing, enclosed sports shoes, a water bottle, and a towel.	\$10
WEEK 11 DATE: 10.06.26	The sessions will take place at Stadium Premier GYM and will focus on boxing-based fitness training, including basic boxing techniques, pad work, and fitness drills to improve strength, coordination, and overall fitness.	Participants should bring comfortable clothing, enclosed sports shoes, a water bottle, and a towel.	\$10
WEEK 12 DAE: 17.06.26	The sessions will take place at Stadium Premier GYM and will focus on boxing-based fitness training, including basic boxing techniques, pad work, and fitness drills to improve strength, coordination, and overall fitness.	Participants should bring comfortable clothing, enclosed sports shoes, a water bottle, and a towel.	\$10
WEEK 13 DATE: 24.06.26	The sessions will take place at Stadium Premier GYM and will focus on boxing-based fitness training, including basic boxing techniques, pad work, and fitness drills to improve strength, coordination, and overall fitness.	Participants should bring comfortable clothing, enclosed sports shoes, a water bottle, and a towel.	\$10