

FREE Online Fitness Classes



Experience the power of LimbPower's PT instructors! Join our weekly FREE live fitness classes designed and adapted for amputees and people with limb difference.

Monday

Seated HIIT Class, 18:30 pm

Ben is back with his popular seated HIIT class! Join in for a workout that targets key muscle groups, boosts strength and amps up core engagement.



Tai Chi, 18:30 pm

Discover the calming movements of Tai Chi and daoyin yoga with Phil. Enjoy seated or standing participation.



Thursday

Wobble, 19:15 pm

Join the wobble revolution with Personal Trainer Liv – where seated exercises are set to a beat that will have you grooving your way to fitness!



Tuesday

Pilates, 14:30 pm

Join Tatiana for a low-impact Pilates class. Elevate posture and mobility through gentle stretching movements seated or standing.



Friday

Join Tyler Saunders for a pre-recorded training circuit. Boost your full-body strength with an energetic interval class, adaptable for seated or standing workouts.



Wednesday

Zumba, 12:00 pm

Latin dance and fitness moves with Instructor Kaaren! Energise yourself with an adapted Zumba class and increase those feel good endorphins.



Saturday

Paracise, 10:15 am

Join Kaaren for a low-impact standing exercise class. Enhance your posture and mobility with gentle movements.



Sunday

Yoga, 09:00 am

Unwind and recharge with Angela's adaptive seated or standing yoga and meditation class. Connect, destress and embrace the week ahead.

