

Arthritis Australia: Summary of **Online** Exercise Programs by Affiliate arthritis offices

State / Territory	Name of program	Regular session times / dates	Cost (if any)	Who to contact	Website link	Other info
ACT	Yoga	Mat Yoga, 09:30 Monday Chair Yoga, 11:00 Monday Chair Yoga, Thursday 14:30	No cost during pandemic	Arthritis ACT E: info@arthritissact.org.au T: 02 6251 2055	N/A	Live Zoom linkup. Password and link sent to participants (if a member of Arthritis ACT will have this emailed to them regularly). Must be a member of any one of the affiliates or join Arthritis ACT.
ACT	Strength and Balance (The Joint Movement)	Program available online (pre-recorded).	No cost during pandemic	Arthritis ACT E: info@arthritissact.org.au T: 02 6251 2055	www.arthritissact.org.au	Go to the membership section. You don't have to be a financial member to enter this section but you do have to give your details. We may follow you up for membership or to check that you are a guest from another affiliate.
ACT	GLAD osteoarthritis program for hip and knee	Sessions held 1:1 via telehealth with our GLAD-trained physiotherapists	\$60 per hour session (private health and chronic care plan medicare referrals rebateable)	Arthritis ACT E: info@arthritissact.org.au T: 02 6251 2055	www.arthritissact.org.au	Must be a financial member of Arthritis ACT to receive the discounted price otherwise sessions are charged at \$120 per hour. Membership is \$49/year.
ACT	My Exercise program (Upper body/Shoulder, Backpain, Lower Limb) – based on the ethos of GLAD	Sessions held 1:1 with our EP's or Physio's via telehealth or 1:1 at home or at our offices in Bruce or Pearce (previous users of the program can access the program at the group price of \$35 a session)	\$60 per hour session (private health and chronic care plan medicare referrals rebateable)	Arthritis ACT E: info@arthritissact.org.au T: 02 6251 2055	www.arthritissact.org.au	Must be a financial member of Arthritis ACT to receive the discounted price otherwise sessions are charged at \$120 per hour. Membership is \$49/year.
WA	General Arthritis Exercise Class led by fitness professional	Mondays 9:00am Wednesdays 9:00am Fridays 9:00am	2 weeks free trial followed by \$50 for 6-week term.	AOWA Nic Gallardo E: nicg@arthritisswa.org.au T: 08 9388 2199	https://www.arthritisswa.org.au/services/exercise/	Live GoTo linkup. Must register via AOWA online.
WA	Arthritis Exercise class led by senior physiotherapist	Mondays 11:15am	2 weeks free trial followed by \$50 for 6-week term.	AOWA Nic Gallardo E: nicg@arthritisswa.org.au T: 08 9388 2199	https://www.arthritisswa.org.au/services/exercise/	Live GoTo linkup. Must register via AOWA online.
WA	General Arthritis (chair based) Exercise Class led by fitness professional	Fridays 10am	2 weeks free trial followed by \$50 for 6-week term.	AOWA Nic Gallardo E: nicg@arthritisswa.org.au T: 08 9388 2199	https://www.arthritisswa.org.au/services/exercise/	Live GoTo linkup. Must register via AOWA online.

WA	Osteoporosis class led by senior physiotherapist	Mondays 10am	2 weeks free trial followed by \$50 for 6-week term.	AOWA Nic Gallardo E: nicg@arthritiswa.org.au T: 08 9388 2199	https://www.arthritiswa.org.au/services/exercise/	Live GoTo linkup. Must register via AOWA online.
QLD	The Joint Movement	Live group strength classes every week day via Zoom	Free during COVID-19 crisis	Arthritis Queensland E: health@arthritis.org.au T: 1800 011 041	https://www.arthritis.org.au/how-we-can-help/the-joint-movement/	
Tas	The Joint Movement	5 weekly online classes				Currently this is only open to existing The Joint Movement participants
NSW	nil					
SA	nil					
NT	nil					