

FAQs

What is The Joint Movement® Program?

The Joint Movement® is a group-based exercise program designed for people with arthritis and other chronic musculoskeletal conditions. The program primarily aims to assist older Australians to access affordable exercise classes in the community.

Who can participate in the classes?

Anyone aged 65 years or over may participate in the class. The participation age for Aboriginal or Torres Strait Islander peoples is lower and set at those aged 55 years or over. For younger people who are receiving NDIS support for disability, the age limit is set at 18 years or over.

How much does it cost?

The cost of the class will vary depending on the type of class and the venue that the class is offered. Visit AOWA's website or ask at Reception.

How do I register and pay?

Registrations are done online through our website, via phone or in person. You simply head to our online booking system where you can enrol into the program. Alternately you can call us on 08 9388 2199; or come and see us in person at The Willey Arthritis Centre, 17 Lemnos Street, Shenton Park, WA.

Please note that a refund policy applied to all The Joint Movement® classes. Please read our terms and conditions before purchasing.

Do I need exercise experience?

The Joint Movement Program® requires no exercise experience what so ever and is suitable for people of all levels of fitness, including beginners. You will be asked to complete a quick risk screening questionnaire to ensure that you are safe to participate in the program. The classes are led by exercise professionals who are qualified and experienced in teaching group exercise. They also undergo additional training to be able to deliver safe and effective exercise classes for people living with arthritis and related chronic musculoskeletal conditions.

What qualifications do the Exercise Instructors Have?

Classes are led by Exercise Professionals with qualifications and experience in leading group exercise classes. They also have additional knowledge in the basics of exercise for arthritis to support safe and effective delivery of the program.

Can I do a trial class or attend on a casual basis?

In order to participate in The Joint Movement® program, you cannot attend on a casual basis or try out a class. You must register and attend all 10 weeks of the class and complete a pre and post exercise assessment.

What do I wear?

For the warm water classes you should wear swim wear. It is not necessary but if you prefer, you can also wear a robe over your swim wear for use in the changing rooms or around the pool side. Most people enter the pool with bare feet but some people choose to wear pool/water shoes.

For the land based classes you should wear loose fitting clothes or sports wear with easy to remove layers eg T-shirt, sweat shirt, jogging bottoms, shorts or leggings. For footwear, you should wear a pair of sports shoes – runners are ideal.

What should I bring to class?

It's best to bring a water bottle, and a small towel if needed. You should not eat during a class and this includes chewing gum.

What if I can't make it to the class?

You have an option to cancel your enrolment within a certain amount of time. Please read our Terms and Conditions.