



An Australian Government Initiative

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Page content updated 19/10/2019



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General Wellness Centre

Passionate about active ageing our Exercise Physiologist Harmonee Dove has created and grown Seniors Exercise Groups on the Gold Coast. These groups are about more than just exercise. The groups are social, fun, encourage those of all levels and abilities to have fun while improving their whole health.

The benefits of the social aspects of these groups are profound. Members continue to smash through barriers and exceed all expectations physically, mentally and emotionally.

As the classes are run by Accredited Exercise Physiologists they are suitable for all individuals including those with medical conditions and injury.

Details

Phone: 56304466

Fax: -

Email: admin@generalwellnesscentre.com[View our Website](#)[View our Facebook page](#)

Address

Shop 3, 76 Robina Town Centre Drive,
ROBINA 4226 QLD

We provide mobile services

Our Exercise Physiologist can come to your facility to run active ageing classes on site.

Opening Hours

Monday	8:00am - 6:00pm
Tuesday	8:00am - 6:00pm
Wednesday	8:00am - 6:00pm
Thursday	8:00am - 6:00pm
Friday	8:00am - 6:00pm
Saturday	9:00am - 1:00pm
Sunday	-



Our Programs

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Our Events

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Listing created: 8/09/2015

Listing last updated: 21/03/2019

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Notes on open hours:

Office hours may change, appointments necessary

Notes on public holiday hours:

Fees & Charges

Free if eligibility criteria is met Bulk billable and other rebates available

Bulk Billing Available Upon eligible referral

Mixed Billing Available Gap for non seniors

Electronic Rebates Available

Services Provided

Sports Medicine

Women's Health

Health Practitioners

Exercise Physiologist

Service Age Criteria

No specific age

Referrals

General Practitioner & Health Professional

Spoken Languages

English

Target Groups

Chronic Disease

General Public

Mental Health

Parents / Families

Elderly

Tagged [Diabetes](#), [Exercise Physiology](#), [wellness](#), [pregnancy](#), [chronic](#), [injury](#), [osteoporosis](#), [cancer](#), [s rehabilitation](#), [seniors](#), [exercise](#), [health](#), [mental health](#), [allied health](#), [Chronic Disease Management](#), [Exercise Physiologist](#), [seniors](#), [active ageing](#), [Active Living](#), [active](#), [Adult Gold Coast](#), [Adult Health Gold Coast](#)

Categorised under [Health Promotion and Advocacy](#), [Persistent Pain & Pain Mangement](#), [Pregnancy](#), [Birth & Baby](#), [Health Funds & Rebates - Private Health Funds](#), [Health Funds & Rebates - Medicare](#), [Allied Health - Exercise Physiologists](#), [Allied Health - Podiatrists](#)

Our Location

Gold Coast Primary Health Network would like to acknowledge the traditional custodians of the Gold Coast and surrounding areas, the Yugambeh, Yuggera and Bundjalung peoples.

Gold Coast Primary Health Network gratefully acknowledges the financial and other support from the Australian Government Department of Health

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