

GROUP EXERCISE CLASSES

TIMETABLE

EXERCISE PHYSIOLOGIST-LED

Effective January 2025

		MONDAY	TUESDAY	THURSDAY
EXERCISE PHYSIOLOGY	9:30am			
	10:30am			
	11:00am		HYDROTHERAPY 60min (Liam)	
	11:30am			
	12:00pm			HYDROTHERAPY 60min (Bella/Liam)
	1:30pm	EP HOUR 60min (Steph/Liam)	EP HOUR 60min (Bella/Liam)	EP HOUR 60min (Liam/Bella)
	2:00pm			
	3:00pm			
	4:00pm			

- At times program bookings will interrupt regular scheduling we will do our best to notify ahead of time when there are interruptions.
- Class times subject to change.

GROUP EXERCISE CLASSES

DESCRIPTIONS

EXERCISE PHYSIOLOGIST-LED

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HYDROTHERAPY



A warm water semi-supervised/independent group completing rehabilitation exercise in the water. Suitable for most people and conditions. Low impact exercises, Low-Moderate Intensity. Our Exercise Physiologists are available for guidance during this time. Each participant has an individualized program to complete.



EP HOUR



A semi-supervised/independent group completing rehabilitation exercises on land. Suitable for most people and conditions. Our Exercise Physiologists are available for assistance and guidance during this time. Each participant has an individualized program to complete.



\$15 PER PERSON, PER SESSION

10X PACK = \$135 (\$13.50 PER PERSON , PER SESSION)



ELIGIBILITY REQUIREMENTS:

- ✓ Must have completed an Initial and/or Subsequent consultation prior to commencement of exercise.
- ✓ Third-party approval is essential prior to commencement *if applicable
- ✓ Private Health Insurance, Medicare Type 2 Diabetes referral for group services, DVA, TAC, Work Cover, NDIS

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*SUBJECT TO INDIVIDUAL FUNDING AVAILABILITY/APPROVAL/REFERRAL

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