

CLINICAL EXERCISE

groups

Clinical Exercise group sessions offer close supervision as you complete your tailored exercise program, ongoing education, and support with lifestyle related behaviour changes.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:30am		Strong Bones, Stable Bodies			
9:30-10:30 am			Gym Session	Hydro Session	
10:00-11:00 am	Gym Session				
1:30 - 2:30 pm			Gym Session		
2:00-3:00 pm	Hydro Session				
2:30-3:30 pm		Gym Session			
3:00-4:00 pm					Gym Session
4:00-5:00 pm				Gym Session	

Our classes cater for people with the following conditions:

- Diabetes
- Cardiac Rehab
- Arthritis
- Parkinson's Disease
- Osteoporosis
- Neurological conditions
- Cancer
- Respiratory disease and asthma
- Musculoskeletal injuries
- Obesity
- Mental health support

During Clinical Exercise Group Sessions, your Exercise Physiologist will closely monitor your response to exercise and provide individualised advice, using evidence-based exercise modalities you enjoy most, to help you reach your health goals faster.

Clinical Exercise Groups are 60 minutes in duration, capped at 8 participants and rebates may be available through your private health insurer or applicable funding (Eg Medicare, DVA, NDIS).

An initial assessment is required prior to entry into group exercise classes, to design a program that best suits your health needs and to establish your goals.

Safety Requirements:

Please bring a towel and water bottle to each appointment. Please sanitise all equipment with supplied sanitiser after each use.

BOOKINGS ESSENTIAL.