

## Sept 2019

MON	Clinical Exercise Session	10am 4pm, 5pm 6pm	Kara Kelly Ben
	Over 60s Exercises	11am	Kara
TUE	Clinical Exercise Session	8am 9am 12md, 4pm 6pm, 7pm	Adrianna Kara Adrianna Bonnie
	Over 60s Exercises	10am 11am	Adrianna Bonnie
WED	Clinical Exercise Session	7am ,8am,12md 9am 4.30pm 6pm, 7pm	Bonnie Ben Kara Asha
	Over 60s Exercises	10am 11am	Ben Bonnie
THU	Clinical Exercise Session	9am, 2pm 6pm 5pm, 7pm	Adrianna Ben Kara
	Over 60s Exercises	11am 10am, 12md	Kara Adrianna
FRI	Clinical Exercise Session	7am, 8am 11am	Bonnie Kelly
	Over 60s Exercises	9am 10am 12.30pm	Kara Bonnie Kelly
SAT	Clinical Exercise Session	9am, 10am	Asha

### CLINICAL EXERCISE SESSIONS

Our classes are run by qualified physiotherapists. We offer individual one on one sessions & group classes of up to 5 participants. Prior to commencing, an initial individual assessment by our physiotherapist is required. (Health Fund rebates may apply).

### OVER 60s EXERCISE CLASS

Our Over 60s group classes are aimed at improving strength, fitness, balance & overall wellbeing. Programs are designed & supervised by a qualified physiotherapist & cater for individual goals. Exercises are tailored to suit your individual needs. Our fully equipped gym provides a variety of strength & conditioning equipment such as exercise bikes & treadmill together with fitballs, free hand weights & balance equipment. (Health refund rebates may apply).

**DUE TO POPULAR DEMAND BOOKINGS ARE ESSENTIAL FOR ALL CLASSES**