

## Noosa Classes Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
7:30 – 8:30					<b>Group Pilates</b> Christine
8:30 – 9:30	<b>Group Pilates</b> Will	<b>Group Pilates</b> Christine			<b>Group Pilates</b> Christine
8:45 – 9:45			<b>Group Pilates</b> Christine	<b>Group Pilates</b> Will	
9:30 – 10:30		<b>Group Pilates</b> Christine			
9:45 – 10:45				<b>Group Pilates</b> Will	
10:00 – 11:00	<b>Hip + Knee</b> Leighton		<b>Hip + Knee</b> Will		<b>Hip + Knee</b> Will
12:00 – 1:00	<b>Steady on your feet</b> Will	<b>Pilates Program (semi-private)</b> Christine			
2:00 – 3:00					<b>Hydrotherapy</b> Leighton
4:00 – 5:00		<b>Hydrotherapy</b> Will	<b>Hydrotherapy</b> Maude		
4:30 – 5:30	<b>Fit 4 Sport</b> Will				
5:15 – 6:15			<b>Pilates Program (semi-private)</b> Christine		

### Lifecare Noosa Physiotherapy

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A: Suite 202, 90 Goodchap Street, Noosaville, QLD 4566

ABN: 69 553 289 367

## **Class duration: 60 minutes**

**Group Pilates** – (Clinical Exercise) Reformer Pilates based group classes focused on building core strength and control, lower limb strength and alignment, improving posture and mobility.

**Semi-private Pilates** – Individualised program based on assessment by physiotherapist and tailored to your personal goals. This class will target specific concerns, improve your posture, strength and mobility. Suitable for rehabilitation following an injury or for management of chronic conditions.

**Hip + Knee** – Group class focussing on lower limb strength and alignment with functional exercises designed to improve symptoms of osteoarthritis, pre-operative and post-operative rehabilitation for hip and knee replacements. GLA:D based program.

**“ Steady on your feet”** – Balance and strength exercises targeted at improving confidence on your feet.

**Fit 4 Sport** – Strength and conditioning progressions and movement re-training designed to bridge the gap between treatment and return to sport. Appropriate for teens onwards, gym technique and familiarisation.

**Hydrotherapy** – Heated, water-based exercise program for pre- and post-operative rehabilitation, acute and chronic injury management and general conditioning. Great for improving full body strength, reducing joint stiffness and improving mobility. This is a group class but individualised programs are provided for specific management of your condition and progression of your exercises.

**\*\* All classes require physiotherapy assessment prior to joining\*\***

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