

Noosa Classes Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
7.30-8.30		Group Pilates Austin			
7.45-8.45			Group Pilates Eliza		
8:30 – 9:30	Group Pilates Austin	Group Pilates Austin			
8:45 – 9:45			Group Pilates Eliza	Group Pilates Hash	
9:30 – 10:30					
9:45 – 10:45			Group Pilates Eliza	Group Pilates Hash	
10:00 – 11:00	Hip + Knee Leighton				Hip + Knee Hash
11:00 – 12:00			Hip + Knee Austin		
12:00 – 1:00		Pilates Program(semi-private) Austin			
2:00 – 3:00					Hydrotherapy Hash
4:00 – 5:00		Hydrotherapy Leighton	Hydrotherapy Maude		
4:30 – 5:30			Group Pilates Austin		

Lifecare Noosa Physiotherapy

P: (07) 5449 0024 E: noosaphysio@lifecare.com.au F: (07) 5449 7774

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.

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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