

## Noosa Classes Timetable

|               | Monday                         | Tuesday                              | Wednesday                      | Thursday                     | Friday                      |
|---------------|--------------------------------|--------------------------------------|--------------------------------|------------------------------|-----------------------------|
| 7.30-8.30     |                                | <b>Group Pilates</b><br>Austin       |                                |                              |                             |
| 7.45-8.45     |                                |                                      | <b>Group Pilates</b><br>Austin |                              |                             |
| 8:30 – 9:30   | <b>Group Pilates</b><br>Austin |                                      |                                |                              |                             |
| 8:45 – 9:45   |                                |                                      | <b>Group Pilates</b><br>Austin | <b>Group Pilates</b><br>Hash |                             |
| 9:30 – 10:30  |                                |                                      |                                |                              |                             |
| 9:45 – 10:45  |                                |                                      | <b>Group Pilates</b><br>Austin | <b>Group Pilates</b><br>Hash |                             |
| 10:00 – 11:00 | <b>Hip + Knee</b><br>Austin    |                                      |                                |                              | <b>Hip + Knee</b><br>Hash   |
| 11:00 – 12:00 |                                |                                      | <b>Hip + Knee</b><br>Austin    |                              |                             |
| 12:00 – 1:00  |                                | <b>Steady on your Feet</b><br>Austin |                                |                              |                             |
| 2:00 – 3:00   |                                |                                      |                                |                              | <b>Hydrotherapy</b><br>Hash |
| 4:00 – 5:00   |                                | <b>Hydrotherapy</b><br>Leighton      | <b>Hydrotherapy</b><br>Maude   |                              |                             |
| 4:00 – 5:00   |                                |                                      | <b>Group Pilates</b><br>Austin |                              |                             |

### Lifecare Noosa Physiotherapy

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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.

**Steady on your Feet** – Individualised program based on assessment by physiotherapist and tailored to your personal goals. This class will target specific concerns, improve your posture, strength, balance and mobility.

**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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