

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 |
|----------------|---------------|-------------|-----------------------------|---------------|---------------|
| 9:00-10:00am | | | | | Hydro Session |
| 9:30-10:30 am | | | Gym Session | Hydro Session | |
| 10:00-11:00 am | Gym Session | | | | |
| 1:30-2:30 pm | | | Gym Session | | |
| 1:30-2:30 pm | | | Strong Bones, Stable Bodies | | |
| 2:30-3:30 pm | Hydro Session | 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.