

CLINICAL EXERCISE GROUPS



Clinical Exercise Group sessions offer close supervision with a health professional as you complete your tailored exercise program, offering ongoing education and support to achieve your goals. Our classes cater to individuals with a range of chronic conditions.

SESSION TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00am			Gym	Gym	
8:30am		Gym			
9:00am					Gym
9:30am		Gym			
10:00am	Gym		Gym	Gym	Gym
11:30am	Strong Bones, Stable Bodies				
12:00pm	Gym			Gym	
1:00pm	Gym	Gym	Gym	Gym	Gym
1:00pm		Clinical Circuit		Strong Bones, Stable Bodies	
2:00pm	Gym	Gym	Gym	Gym	Gym
2:00pm				WalkSports	
3:00pm	Gym		Gym	Gym	Gym
4:00pm	Gym			Gym	

Clinical Exercise Groups run for 60 minutes, have a maximum of 8 participants and rebates may be available through private health insurance or applicable funding options (NDIS, DVA, RTW, HCP).

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During sessions, an exercise physiologist or physiotherapist will closely monitor your response to exercise and provide individualised guidance using evidence-based exercises tailored to your needs and preferences to support your health goals.



An initial consultation is required prior to joining group classes to design a program that suits your health needs and to establish your individual goals.

Reassessments are completed every 8-12 weeks. These reviews are used to assess progress, update goals, and appropriately progress or modify exercises. This ensures your program continues to be tailored to your individual concerns and remains aligned with your health needs.

To book for an initial consultation or a reassessment, please call the Allied Health Administration team. Please bring a towel and water bottle to each appointment.