



All Physiotherapy Exercise classes are 45 minutes.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:45am Equipment Steph	9:15am PhysFit Chris	9:30am Equipment Vicky	10:15am Equipment Steph	9:15am Equipment Vicky	7:15am Equipment Kate/Steph
9:30am Equipment Steph	10:15am Equipment Chris	10:30am Equipment Vicky	11:15am Equipment Steph	12:15pm Equipment Vicky	8:15am Equipment Kate/Steph
10:30am Equipment Chris	11:15am Mat Kate	12:15pm Equipment Steph	12:15pm Equipment Steph		8:15am PhysFit Vicky/Rick
4:45pm Equipment Steph	11:15am ONLINE Mat Kate	2:15pm Equipment Gabby	4:45pm Equipment Vicky		9:15am Mat Kate
5:45pm Equipment Steph	1:30pm Falls Prevention Vicky	6:00pm Equipment Steph	5:45pm Equipment Gabby		9:15am ONLINE Mat Kate/Steph
6:45pm Equipment Kate			6:30pm Equipment Gabby		10:15am Equipment Kate/Steph
			6:45pm PhysFit Chris		11:15am Equipment Kate/Steph



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WHAT TYPE OF CLASS SHOULD I CHOOSE?

Equipment classes are best for people who have an injury or painful condition that needs an individualised program and support from the Equipment to assist the retraining of their muscles.

If you choose to do Equipment classes you will require 3 x 1:1 sessions with one of our physiotherapists so that they can assess your movement and design a program to suit your needs. You can then go into any Equipment Class from our timetable.

Mat classes are for clients who want to do floor based Physiotherapy Exercise class to strengthen and do not have an injury which is currently in an acute phase. You will require a 1:1 session with one of our physiotherapists prior to beginning a mat class so that we can assess your pain or injuries, movement and current strength level and teach you the basic Physiotherapy Exercise principles and movements. Certain exercises will be modified to suit your particular needs.

PhysFit Classes focus on both cardiovascular fitness as well as functional strength training. The intensity and type of exercises can be tailored to suit each individual's needs and goals. It is a 45-minute class involving a combination of functional upper body, lower body and core exercises. These exercises may be performed using your body weight or another form of resistance such as dumbbells, kettlebells, resistance bands, exercise balls, Physiotherapy Exercise equipment and more. The format of the sessions is circuit-based, with a great variety of different exercises to keep you challenged. Throughout the session you are guided and supervised closely by the Physiotherapist. They will ensure that you are performing the exercise safely and with the correct technique, and that you are achieving the aim of the exercise.

Falls Prevention Is balance and falling becoming an issue for you? Our Physiotherapist Vicky Langley runs weekly Falls Prevention classes with the aim of improving balance, general strength and co-ordination for Falls Prevention. All our Physiotherapists are also able to do 1:1 sessions with people and help devise a home program to work on balance.



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