

## Exercise Class Timetable: February 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>7:10am</b> EP RX Zoe	<b>7:10am</b> EP RX Zoe	
		<b>9:30am</b> EP FX Zoe	<b>8:40am</b> Physio RX Amber	<b>8:10am</b> <b>Physio RX*45</b> Dave
<b>9:10am</b> <b>Physio RX*45</b> Amber	<b>9:10am</b> <b>Physio RX*45</b> Dave	<b>10:30am</b> Physio RX Amber		
<b>10:00am</b> Women's Strength & Toning Zoe	<b>10:30am</b> Reconditioning & Mobility L2 Zoe	<b>10:30am</b> Men's Group Exercises Zac	<b>10:00am</b> EP FX Zoe	
<b>10:00am</b> Pre & Post Natal RX Amber	<b>11:15am</b> Reconditioning & Mobility L1 Zoe	<b>11:30am</b> Women's Strength & Toning Zac	<b>11:00am</b> Reconditioning & Mobility Amber	
<b>4:00pm</b> Physio RX Amber	<b>4:30pm</b> Physio FX Amber	<b>4:00pm</b> Physio RX Zoe / Dave	<b>4:10pm</b> EP RX Zoe	
<b>5:00pm</b> Physio RX Dave	<b>5:30pm</b> Physio FX Amber	<b>5:00pm</b> Physio RX Amber	<b>5:30pm</b> Physio FX Amber	

*RX = Resistance Exercise Class (Using equipment)*

*RX\*45 = Intense 45 minute RX class*

*FX = Floor Exercise (mostly on Exercise Mats)*

## Physio and Exercise Physiology Classes

### Physio / EP FX Class

- Suitable for Beginners through to experienced participants
- Floor/ mat based exercises, and exercises drawn from Pilates and resistance exercises
- If you have not attended any classes at Precision Health Care an individual One-on-One assessment is required

### Physio / EP RX Group Class

- Suitable for all levels, recommended 5x FX classes prior
- Includes use of specialised Pilates equipment – Reformers and EXO Chairs
- Individual assessment and program, small class sizes
- One-on-one consultation required before commencing

### Physio / EP RX\*45 Group Class

- High intensity 45-minute format spent mostly on the Reformer
- Suitable for those with prior RX class experience
- Ideal for those looking to get their heart rate up!

### Exercise Physiology Group Classes

- Suitable for all levels, individual assessment and programs
- Ideal for those wanting to improve fitness, decrease weight, and increase tone and core strength
- One-on-one consultation with Exercise Physiologist recommended before commencing

### Pre-Natal RX Group Class

- Individual assessment and program
- Suitable for women in their 2nd and 3rd trimester
- Safe and suitable exercise during pregnancy
- Improves posture, general conditioning and pelvic floor strength
- Can assist in management of back pain and muscular tension

### Post-Natal RX Group Class

- Individual assessment and program
- Participants must have attended 6 week GP/Obstetrician check up
- Babies welcome to class
- Pelvic floor and core strengthening



## Physio and Exercise Physiology Class Timetable

### FX (Floor Exercise) Classes

Single Class:	\$27
Five Class Pass:	\$115
Ten Class Pass:	\$170

### RX & RX\*45 (resistance Exercise) Classes

Single Class:	\$38
Five Class Pass:	\$175
Ten Class Pass:	\$290

### One-on-One Exercise Sessions

30 Minutes:	\$84
Re-Assessment	\$60

Class passes expire after 6 months  
Class passes are not transferrable or refundable

**NO REFERRAL REQUIRED FOR PRIVATE CLIENTS**

**Bookings essential on 6885 1188**