**Exercise Class Timetable: March 2022** 

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| --- | --- | --- | --- | --- |
| **Monday**  | **Tuesday**  | **Wednesday**  | **Thursday**  | **Friday**  |
|  |  | **8:30am*****RX\*45 Pilates****Bridget*  | **8:00am****RX Pilates***Megan*  | **8:10am*****RX\*45 Pilates****Megan* |
| **9:10am*****RX\*45 Pilates****Megan* |  | **9:30am****FX Pilates** *Zoe* | **9:00am****Reconditioning & Mobility***Bridget* | **9:10am*****RX\*45 Pilates****Megan* |
| **10:20am****Pre & Post Natal RX***Anna* | **10:30am****Reconditioning & Mobility***Bridget* | **10:30am** **Men’s Exercise Group***Zac*  | **10:00am****FX Pilates** *Zoe*  | **10:00am****FX Pilates** *Zoe*  |
| **10:30am****Women’s Strength Training***Bridget* |  |  |  | **10:30am** **Men’s Exercise Group***Bridget*  |
|  | **11:30** **GLA:D Arthritis Class***Megan* | **11:30am****Women’s Strength Training***Zoe* |  | **11:30** **GLA:D Arthritis Class***Megan*  |
|   |  |  |  |   |
|  |  |  | **1:30am****Pre & Post Natal RX***Anna* |  |
| **2:30pm** **Joint Replacement Clinic** |  | **4:00pm****RX Pilates***Anna* | **2:30pm** **Joint Replacement Clinic** |   |
| **4:00pm****RX Pilates***Anna* | **5:20pm****FX Pilates** *Megan*  | **5:00pm****RX Pilates***Megan* | **5:30pm****FX Pilates** *Bridget* |  |

*RX = Resistance Exercise Class (Using Reformer & Pilates equipment)*

*RX\*45 = High Intensity 45-minute RX class*

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

**Physio and Exercise Physiology Classes**

**FX Pilates Class**

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

**RX Pilates Group Class**

* Suitable for all levels
* Recommended to have completed 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

**RX\*45 Pilates 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: $28

 Five Class Pass: $125

 Ten Class Pass: $180

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

 Single Class: $38

 Five Class Pass: $180

 Ten Class Pass: $300

**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**