**Exercise Class Timetable: March 2022** Text

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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

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**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**