

Exercise Class Timetable: October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
9:10am <i>Physio RX*45</i> Megan / Dave		8:30am <i>Physio RX*45</i> Bridget	8:00am Physio RX Megan / Bridget	8:10am <i>Physio RX*45</i> Megan
10:20am Pre & Post Natal RX Anna / Amber		9:30am EP FX Zoe	9:00am Reconditioning & Mobility Bridget	9:10am <i>Physio RX*45</i> Megan
10:30am Strength & Mobility Bridget	10:30am Reconditioning & Mobility Bridget	10:30am Men's Exercise Group Zac	10:00am EP FX Zoe / Amber	
11:30am Joint Replacement Clinic	11:30 GLA:D Arthritis Class Megan	11:30am Women's Strength & Toning Zac	11:30am Joint Replacement Clinic	11:30 GLA:D Arthritis Class Megan
4:00pm Physio RX Amber		4:00pm Physio RX Anna	4:10pm Pre & Post Natal RX Anna	
	5:20pm EP FX Megan	5:00pm Physio RX Amber	5:30pm Physio FX Amber	

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

RX*45 = High Intensity 45-minute RX class

FX = Floor Exercise (mostly on Exercise Mats)

Note: Under NSW Government orders - only clients fully vaccinated against COVID-19 can currently attend group exercise classes

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:	\$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