

Exercise Class Timetable: January 2020

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