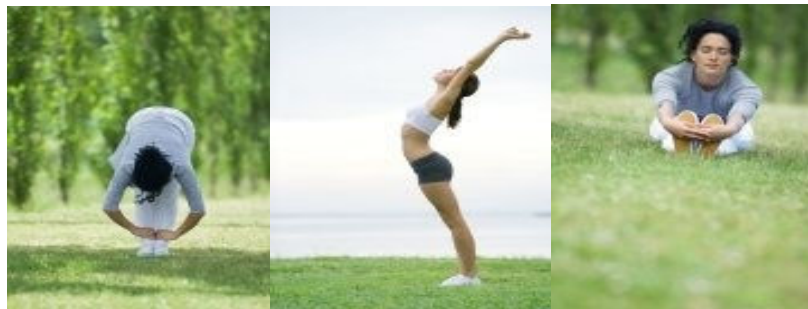


PHYSIO4ALL

revitalise – bounce – be healthy

“Revitalise-Bounce-Be Healthy”

OUTDOOR EXERCISE CLASS



INFORMATION PACK

PHYSIO4ALL

revitalise – bounce – be healthy

PHYSIO4ALL “Revitalize-Bounce-Be healthy” EXERCISE CLASS

Don't miss out on this fantastic opportunity to get fit and healthy this summer! PHYSIO4ALL has revolutionized exercises classes as you know it. We have introduced a dynamic and innovative exercise programme and these are just some of the perks:

- The programme is inclusive of both fitness and core strengthening components. We have fused the best of aerobic exercise, Pilates and Yoga, and have found a safe and effective way to deliver these exercises to you. Unlike many programmes that have the possibility of injury, our exercises promote a strong core and flexible body and are aimed at preventing injury.
- PHYSIO4ALL physiotherapists have designed the programme and run the classes.
- Our exercises are adaptable and can suit all ages and all levels of fitness! Everyone can benefit from the super fit to those that have never exercised before.

The weekend exercise sessions will comprise of:

- An aerobic component: walk/jog drills, acceleration/deceleration drills
- A fitness component: theraband work, dynamic/functional movement strengthening
- A core stability component: lumbar and pelvic movement retraining, dynamic balance activities
- A flexibility component: decompressive exercises for upper and lower body.



Shop No. P16, NorthPoint, 100 Miller St. North Sydney. NSW – 2060

T – (02) 99222212 F – (02) 99225577 W: www.physio4all.com.au E: info@physio4all.com.au

Steve Felsher – Principal Physiotherapist Corey Iskenderian – Physiotherapist

ABN: 77 548 297 578

PHYSIO4ALL

revitalise – bounce – be healthy

PHYSIO4ALL “Revitalize-Bounce-Be healthy” EXERCISE CLASS

Dates: 7th February

Time: 8-9am or 9-10 am Saturday; 7am Monday

Place: North Sydney Oval (maps on last page)

Payment Options:

- 1) \$25 per session for 10 sessions (an upfront payment).
- 2) \$35 per session. Participants must pay upfront for a minimum of 5 sessions.

All participants who currently have health cover for group physiotherapy will receive a health fund rebate upon completion of all 10 sessions.

Equipment: Running shoes, comfortable loose fitting exercise clothes, water, sunscreen and beach towel. Optional: Spinal Backblock, which can be purchased for \$15.

If interested in purchasing yoga mats please contact our reception staff, although use of towels is welcome.

Numbers: 10-15 participants

A PHYSIO4ALL screening questionnaire must be completed at the practice prior to the start up date.

SPACES ARE LIMITED SO SECURE YOUR POSITION ASAP!

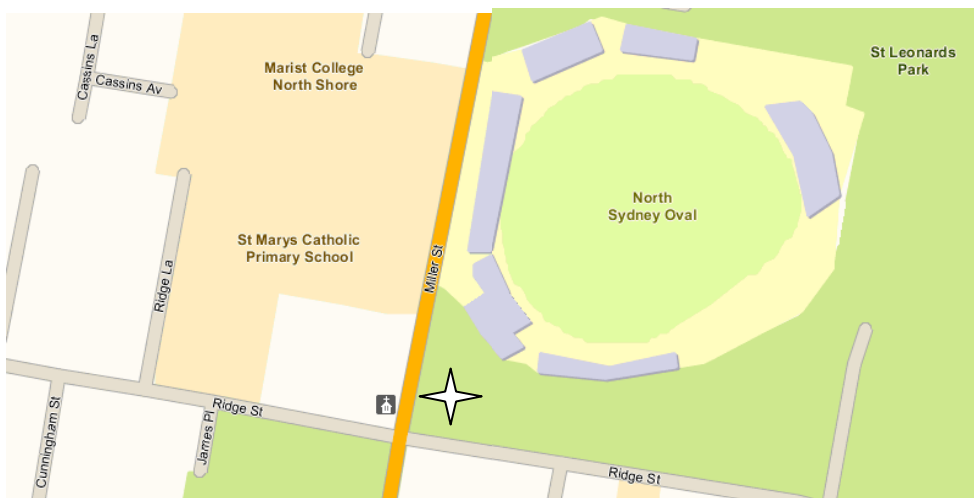
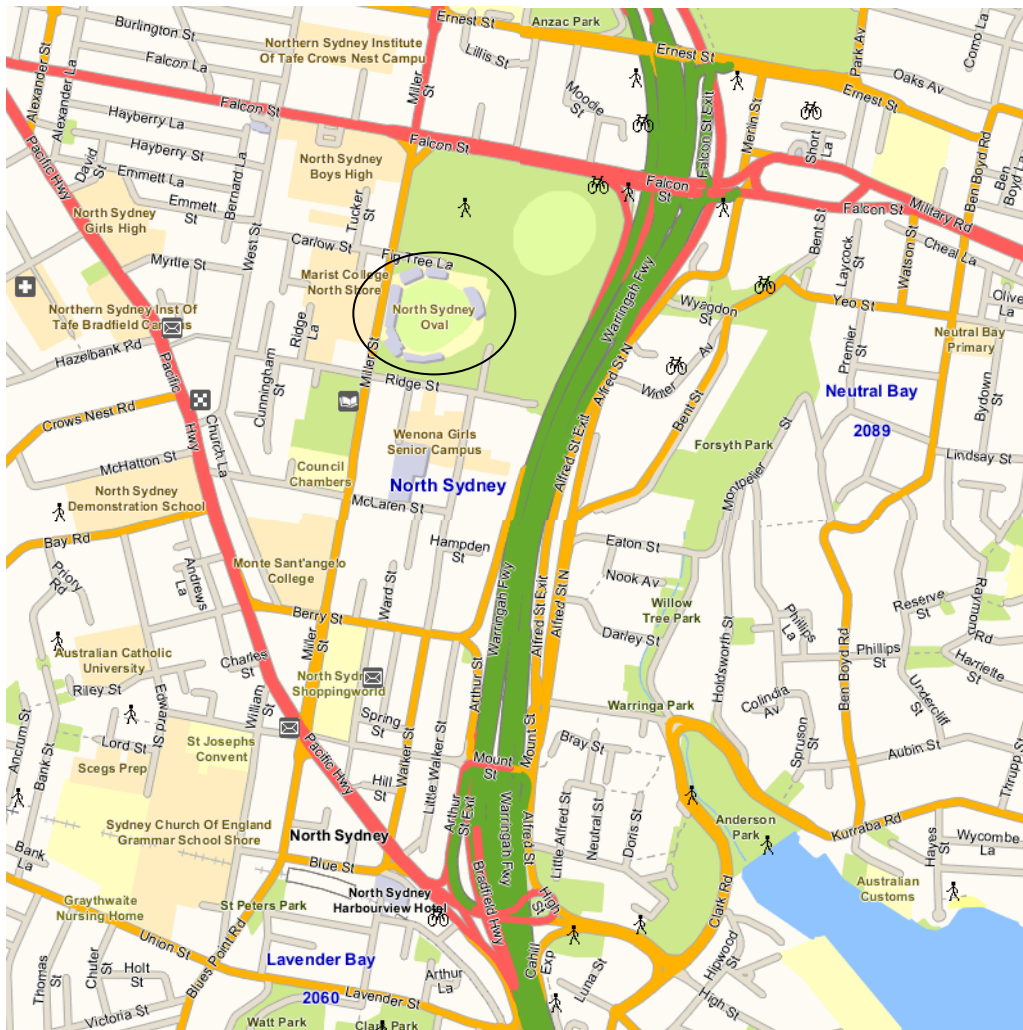


CALL US NOW TO AVOID DISAPPOINTMENT! – (02) 9922 2212

PHYSIO4ALL

revitalise – bounce – be healthy

Maps of North Sydney Oval



★ Meeting point

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