

PHYSIO4ALL

revitalise – bounce – be healthy

Exercise Classes



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- ***One of the main causes of musculoskeletal pain is postural dysfunction.***
- ***Does your pain or injury prevent you from exercising?***
- ***Do you want to start exercising but don't know where to begin?***
- ***Do you trust the average trainer?***
- ***Does your back ache after extended sitting?***
- ***Do you feel lethargic and tired?***
- ***Do you have enough time to exercise?***

PHYSIO4ALL has the answer for you and would like to introduce to you our innovative approach to exercise, spinal care, fitness and general well-being. PHYSIO4ALL'S classes aim to alleviate pain as well as enhance health and fitness through motion and exercise.

Why choose PHYSIO4ALL's Exercise Classes?

- Classes uniquely formatted
- Classes for all ages and fitness levels
- All exercises are research based
- Safe and easy to follow exercises
- Small group sessions
- Individual attention
- Instruction by highly skilled physiotherapists
- Health screening questionnaire*
- Flexible class times
- Convenient venues
- Affordable and easy payment options
- Money back guarantee**
- Early bird discounts
- Health Fund Rebates Available***

*Health screening questionnaire to be completed by all clients who have not been assessed at PHYSIO4ALL

**If you're not happy with your class, tell us within 7 days, and we'll give you your money back and the next session free!!

***Rebate amount and final cost of each class depends on the level of your health fund cover.

Programs

Outdoor Exercise Class

The Outdoor Exercise Class consists of an innovative group exercise session designed to maximise your aerobic fitness, flexibility, core strength and body awareness. Classes include running and walking drills, strengthening and flexibility exercises. These classes are offered to people of all fitness levels and ages. Participants are encouraged to work within their own personal fitness levels.



Corporate Spinal Back Class

Spinal and Back Care program that is specifically designed for your office environment. Sessions incorporate spinal exercise techniques that will help improve spinal regeneration and function, core strength, body awareness and posture, as well as provide a medium for relaxation. These classes may be *instructed* indoors at your office as well as outdoors.

Back 2 Bizz Class

Small group exercise sessions in the PHYSIO4ALL Pilates studio aimed specifically for those clients recovering from a back problem. These classes will promote spinal disc regeneration, help reduce joint inflammation, reduce spinal muscle spasm and introduce you to core stability and strength. These classes may serve as a spring-board to our popular Clinical Pilates Classes.

Clinical Pilates Classes

Our Clinical Pilates Classes range from individual sessions to small groups. All clients will need to undertake a Pilates assessment and will be designed an individual program that will aim to improve posture, core stability, muscle flexibility and strength. This is implemented in a circuit training routine in our Clinical Pilates Studio with the Reformer, Wundachair and Trapeze machines. Classes may be used to rehabilitate a specific injury or for general conditioning. Speak to our staff about our **Pilates Rewards Program**®



Self Managed Programs

This is your opportunity to manage your injury, musculoskeletal condition or enhance your general fitness independently by purchasing a membership to use the PHYSIO4ALL Pilates studio. Prior to your program, our physiotherapists will design and instruct you on a specific set of exercises that will suit your goals and maximize your desired outcomes. You will then have access to the Pilates studio 2 or 3 times per week at your own convenience with minimal supervision. Clients will need to have a good understanding on how to setup the Pilates machines.

Benefits – what YOU will achieve:

- Improve general health and well-being
- Improve your posture and body awareness
- Relieve chronic pain
- Learn how to prevent injury
- Improve your range of motion
- Increase your movement efficiency
- Maximise your general strength
- Increase energy levels

PHYSIO4ALL'S classes guarantee a feeling of general well-being and significant health improvement upon completion of a series of exercise sessions. Exercises are research-based therefore safe, combining aerobic fitness and strength, and are thus suitable for all ages. Participants will need to complete a health screening questionnaire so that we may cater for any particular individual's needs and prevent injury. Participants will also be safely instructed within their own personal fitness levels and encouraged to work within these limits.

Testimonials from our Past and Present Participants:

"I have found the classes very enjoyable, and they have definitely helped my back." T.Murphy

"I was allowed to work at my own pace, while encouraged to reach a little extra." N.Yeo

"These exercise sessions allow me to regain lost strength and flexibility that naturally come with age and as a result of a desk job." B.Faurie

"I feel so much more energized after each class." E.Fong

"It keeps me limber; it's light and fun, and there's plenty of variety." R.Wulff

"I enjoy having 1:1 support – great outlet from work and good stress reliever." V.Sansom

"I'm much more flexible...helps with bone strength, more energy, keeps me young!" J.Wardle

"Everyone is focused on their own program, and there is always someone to give you professional help or advice." M.Sachon

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About the PHYSIO4ALL Team

All our classes are supervised and instructed by our highly trained physiotherapists who are all Clinical Pilates Instructors, and have years of experience in managing and treating musculoskeletal conditions and injuries. Our staff are committed to help you alleviate pain and enhance your health through motion and exercise.

How do I start the Exercise Class?

Just talk to our friendly staff at PHYSIO4ALL, who can get you started onto the program that will be most suitable for you.

Class times:

Clinical Pilates & Back 2 Bizz Classes

Classes made by appointment:
7.30am – 5.30pm Monday – Friday.

***Weekend Outdoor Classes**

Saturday Mornings/Time: _____

***Weekday Outdoor Classes**

Day: _____ Time: _____

*All outdoor classes are seasonal and subject to change without prior notice.

Costs:

Price on application. _____