



PHYSIO4ALL'S Corporate Exercise Class



PHYSIO4ALL

REVITALISE - BOUNCE - BE HEALTHY

Why choose PHYSIO4ALL'S Corporate Exercise Classes?

- Classes uniquely formatted
- Classes for people of 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
- Medical screening questionnaire*
- Flexible class times
- Convenient venues
- Health Fund Rebates**

Benefits – what YOU will achieve:

- Improve general health and well-being
- Improve your postural awareness
- Improve fitness and performance
- Improve core stability
- Improve your flexibility
- Increase functional strength and control
- Improve balance and co-ordination
- Improve reaction time
- Increase energy levels
- Learn how to prevent injury

The exercise sessions will run for 45mins and comprise of:

- An aerobic component: running drills, acceleration/deceleration drills & grid work
- 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, dynamic and passive stretches aimed at all major muscle groups
- A balance component: incorporating proprioceptive and co-ordination exercises essential in daily life and sport



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Time and venue: TBA – exercise classes to be run close to work and at the most convenient time to the group.

Payment Options: POA – We will need a minimum of 10 participants at \$20 pp/hr. This amount may be reduced depending on the final number of participants.

***All participants who currently have health cover for **group physiotherapy** will receive a health fund rebate upon completion of all 12 sessions.*

Equipment: Running shoes, comfortable loose fitting exercise clothes, water, sunscreen and a beach towel to lie on. Spinal backblocks are used extensively in the program to help decompress the spine as shown in the pictures below and will need to be purchased from PHYSIO4ALL at \$12.00



Numbers: 10-20 participants

***A PHYSIO4ALL medical screening questionnaire must be completed prior to the start up date.**

For any further information please feel free to call us on 9922 2212. We look forward to hearing from you



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