

Group Physiotherapy Classes

Unlike many other Group classes, at PHYSIO4ALL, clients perform all exercises under close supervision by trained physiotherapists with professional and clinical experience. Our physiotherapists will specifically design your own exercise program aimed at effectively managing your problem areas and allow your body to function much more efficiently. At PHYSIO4ALL, our group classes will be geared to promote:

- greater trunk stabilization
- improved muscle control & strength
- better posture and body awareness
- improved flexibility
- relief from neck, back and joint pain
- increased joint mobility
- increased balance
- increased core strength
- increased performance in sport
- injury prevention and management
- research based approach

Trunk/Core stabilization training and muscle efficiency are key factors that determine successful rehabilitation. These are key factors that have been identified by researchers in managing chronic pain.

Women's Health and Pregnancy

Group Physiotherapy is an excellent form of exercise during and after pregnancy. This form of exercise helps to activate the deep abdominal muscles and pelvic floor, which can become weakened.

Initial Pre-Screening Consultation:

This includes a compulsory full musculoskeletal assessment and design of a specific exercise program aimed at both your strengths and weaknesses.

Individual Sessions:

This involves private, 1-1 sessions with the physiotherapist, who will introduce you to your specific program. This will include a variety of mat and spring-loaded equipment based exercises.

These sessions will involve **6 or less** clients and will be a continuation of your specifically designed program implemented in a group class.

Please turn over for available class times.

Cost

Initial Consultation: \$125 or \$115 (1/2hr)

1 - 1 Consultation: \$120 or \$110 (1/2hr)

Group Physiotherapy:

\$17.50 per class Pilates Pack

\$25 per class Pay As You Go

Pilates Packs Available
Beginner: 20 classes for \$350
Regular: 32 classes for \$550
Dedicated: 58 classes for \$999

All prepaid classes are non refundable and non exchangeable

Health Fund Rebates may apply for all classes under the **Group Physiotherapy Code 560.**

TYRO is available on-site for your rebate which will depend on your health fund cover.

Rewards Program®

Join our Rewards Program®, and receive points for every class which will give you valuable discounts on products and treatment

Further Information

If you require any further information do not hesitate to contact any of the PHYSIO4ALL staff.

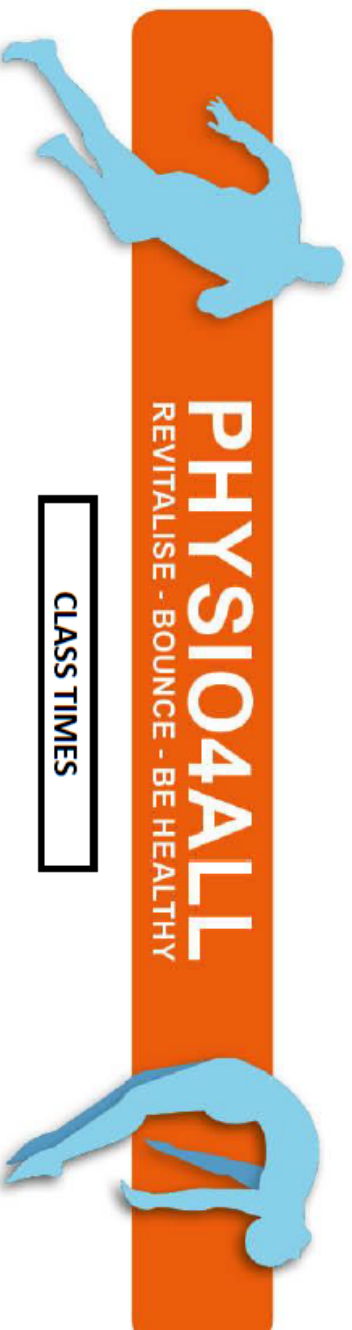
Practice Hours:

Mon – Thurs 7.30am – 6.30pm

Friday 7:30am-4pm

Saturday 8:30am – 1:00pm

**Prices & classes subject to change without prior notice*



CLASS TIMES

Please note – all classes are subject to change and availability. These times are of 1st March 2019 onwards.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STEVE						
				5:30pm		
				6:00pm		
CHRISTIAN						
	8:30am	7:30am	7:30am	7:30am	7:30am	8:30am
	9:00am	8:00am	8:00am	8:00am	8:00am	9:00am
	12:00pm	8:30am		8:30am	8:30am	9:30am
	12:30pm	12:00pm		9:00am	12:00pm	10:00am
	1:00pm	12:30pm		9:30am	12:30pm	10:30am
				12:00pm		
BRAD						
			12:00pm			
			12:30pm	12:30pm		
			1:00pm	1:00pm		
		5:30pm	5:30pm			
		6:00pm				
		6:30pm				