



PHYSIO4ALL

REVITALISE - BOUNCE - BE HEALTHY

Group Physiotherapy Exercise Class

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: \$130 or \$125 (1/2hr)

1 - 1 Consultation: \$110 or \$105 (1/2hr)

Group Physiotherapy:

\$17.50 per Class Pack
\$25 per class Pay As You Go

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

GENERAL TERMS & CONDITIONS

- **Health Fund Rebates may apply** for classes under the **Group Physiotherapy Code 560**.
- All prepaid classes are **non-refundable and non-exchangeable**.
- All Group Physiotherapy Packages are **valid for 12 months**.
- Invoicing for health fund claims are to be processed after the completion of the prepaid pack.

HICAPS 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*



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CHRISTIAN						
					8.30am	
		8:30am			9.15am	
	9:00am	9:15am				
	12:30pm	12:30pm			12:30pm	
JACKSON						
			12:30pm			
				1:00pm		9:30am
						10:15am
		5.30pm	5.30pm	5:30pm		11:00am
		6.05pm Zoom		6.05pm Zoom		

Terms and Conditions for new class format:

1. We will start physio exercise classes from Monday 1st June
2. We will initially run fewer classes and the previous reserved spots will not apply
3. You can reserve a spot in one of our classes by calling, emailing or via our online booking system, but please note that you will need to notify our front officer staff if you would like this appointment to be reoccurring
4. We will only allow maximum 4 x people per class + 1 x physiotherapist
5. You will be required to download the COVIDSafe app to participate in classes and must bring your mobile phone switched on to class with the COVIDSafe App working
6. Upon arrival you must wash your hands at the washbasin and then sanitise your hands before entering the studio
7. You must bring your own towel to use in class (you will not be permitted into the class without a towel)
8. Upon leaving the gym you must sanitise your hands again
9. After each class the entire studio will be wiped down before the next class can begin
10. If you are feeling unwell or have any COVID-19 like symptoms, please do not attend your class and seek medical advice asap

*Class times and schedule are subject to change without prior notice

*No refunds or exchanges for pre-paid class packs