

Exercise Physiology **GROUP SCHEDULE**

	Monday	Tuesday	Thursday
12:00			HYDROTHERAPY Bella/Liam
13:30	EP HOUR Steph	EP HOUR Bella/Liam	EP HOUR Bella/Liam



\$15 PER PERSON, PER SESSION
10X PACK = \$135 (\$13.50 PER PERSON , PER SESSION)

ELIGIBILITY REQUIREMENTS:

- Must have completed an initial and/or subsequent consultation prior to commencement of exercise.
- Third-party approval is essential prior to commencement *if applicable
- Private Health Insurance, Medicare Type 2 Diabetes referral for group services, DVA, TAC, Work Cover, NDIS



AQUATIC

HYDROTHERAPY

60 MINS



A warm water semi-supervised/independent group completing rehabilitation exercise in the water. Suitable for most people and conditions. Low impact exercises, Low-Moderate Intensity. Our EP's are available for guidance during this time. Each participant has an individualized program to complete.

LAND-BASED

EP HOUR

60 MINS



A semi-supervised/independent group completing rehabilitation exercises on land. Suitable for most people and conditions. Our EP's are available for assistance and guidance during this time. Each participant has an individualized program to complete.

HYDROTHERAPY POOL

GYM

BOOK ONLINE

SCAN HERE



*subject to individual funding availability/approval/referral