

Mon	8:00am Clinical Pilates - Equipment* Physio	9:00am Clinical Pilates - Equipment* Physio	11:00am Low Intensity Physio / EP	12:00pm PhysioFIT Physio	5:30pm Clinical Pilates - Beginner's Physio	
Tues	8:00am Hydrotherapy Physio	10:00am Stronger for Longer EP	11:00am Low Intensity Physio / EP	12:00pm Tai Chi Qigong Practice Michelle	4:30pm Clinical Pilates - Equipment* Physio	6:15pm Clinical Pilates - Equipment* Physio
Wed	9:30am Clinical Pilates - Intermediate Physio	10:00am Lungs in Action EP	11:00am Low Intensity Physio / EP	12:00pm PhysioFIT Physio	5:30pm Clinical Pilates - Equipment* Physio	
Thur	8:30am Tai Chi Qigong Practice Michelle	11:00am Low Intensity Physio / EP	3:30pm Clinical Pilates - Equipment* Physio	4:15pm Clinical Pilates - Equipment* Physio	*Physio/EP referral required. Private health fund rebates may apply for some Physio/EP led classes. Classes are subject to change. Timetable current as at 01/02/18.	
Fri	10:00am PhysioFIT Physio	11:00am Low Intensity Physio / EP	12:00pm Clinical Pilates - Equipment* Physio			

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clinical
CLASSES

Fluid Physio + Gym

clinical classes

Fluid Physio offers a range of guided classes allowing you to exercise safely under the careful supervision of our physiotherapists & exercise physiologists

Clinical Pilates - Beginner

Physio led introductory level Pilates with a focus on core activation and neutral spine alignment to assist in rehabilitation or to build a good overall strength base.

Clinical Pilates - Intermediate

Physio led class to take your Pilates matwork and movement awareness to the next level.

Clinical Pilates - Equipment^{o*}

Physio led Pilates reformer class using spring-loaded equipment to achieve an all over workout targeted to your individual needs.

PhysioFit^{o*}

A small, clinical exercise session for individualised rehabilitation supervised by your physiotherapist.

Hydrotherapy^{o*}

Water-based physiotherapy rehabilitation class.

Low Intensity

Strength, balance, cardio and core exercises – performed at your own pace under careful supervision.

Lungs in Action*

Specifically designed for those with lung or heart conditions – tailored to your individual needs. (Assessment by our exercise physiologist required).

Stronger for Longer^o

Over 60's class led by an exercise physiologist for strength, balance and cardiovascular health.

Tai Chi/ Qigong Practice

Designed to expose you to basic principles of movement with emphasis on balance, muscle toning, mind focus and breathing.

^o Bookings essential.

^{*} A Physio/EP referral is required for this class.

 **Fluid Physio + Gym**

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