Yamba PHYSIOTHERAPY & SPORTS INJURIES CLINIC
6 River St, Yamba NSW 2464
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Maclean PHYSIOTHERAPY & SPORTS INJURIES CLINIC
39 River St, Maclean NSW 2463
P: (02) 6645 5800 F: (02) 6645 5700

ABN: 13 103 076 357
W: www.yambaphysio.com E: reception@yambaphysio.com

Group Exercise Timetable

MACLEAN

Starting Time	Monday	Tuesday	Wednesday	Thursday	Friday
8.30 am			**Hydrotherapy 8:30 – 10:30** At Hydrotherapy Pool Maclean Hospital		**Gentle Circuit Class**
9.00 am			**Gentle Circuit Class**		
9.30 am					**Men's Fitness**
10.30 am			**PhysioStretch**	**Aqua Class Maclean Olympic Pool**	
11.30 am			**Still Standing**		
12.00 pm				**Gentle Circuit Class**	
2.00 pm	**Hydrotherapy 2:00 – 4:00** At Hydrotherapy Pool Maclean Hospital		**Men's Fitness**	**Strength & Conditioning**	
4.00pm	**Physio 4 Core**		**Physio 4 Core**		

All classes are taken by qualified Physiotherapists or Exercise Physiologists.

All classes are held in Maclean clinic except for hydrotherapy, which is held at the Maclean hydro pool complex.

Class Descriptions & Pricing – see over page

Class Descriptions & Pricing

Aqua Class – Maclean Olympic Pool: *45 mins of gentle water exercise with a qualified Exercise Physiologist. An enjoyable class suitable for all levels of fitness held at the Maclean Olympic Pool*
Please call Maclean Physio to register your interest 6645 5800. (This class is not held during the colder months).
Pay Pool Entry Fee on Arrival + $10 to Exercise Physiologist running the class

Gentle Circuit Class: *45 minutes - This class is low impact and focuses on improving cardiovascular fitness, increasing muscular strength, improving balance and coordination as well as bringing attention to weight loss. Run by an Exercise Physiologist who can modify the program to the individual needs of each participant. This class is suitable for Type 2 Diabetics, Cardiac Rehab, Pulmonary Rehab/Lungs in Action & Cancer Recovery.*
$10 per session.

Hydrotherapy: *Physiotherapy treatment and exercise in warm water. Held at the Maclean Hospital Hydrotherapy Pool. Great for pain relief and getting your joints moving especially post surgery or post injury.*
First 2 sessions $65 each then ongoing classes $15 each

Men's Fitness: *1 hour - Functional strengthening and cardiovascular training allowing easier everyday movement.*
$15 per session.

Physio 4 Core: 1 hour - *Physio 4 Core helps build flexibility, muscle strength, and endurance in the legs, abdominals, arms, hips, and back. It puts emphasis on body alignment, improving coordination and balance, breathing, and developing a strong core or powerhouse. Our Physio 4 Core classes are modified to suit all levels, beginners to advanced.*
$15 per session.

Still Standing: *½ hour - This class focuses on just that; to keep you still standing and on the move. A class designed for the older adult to improve balance, coordination, strength and flexibility. This class is low intensity.*
$10 per session

Strength & Conditioning: 1 hour –*Sports strength and conditioning is a group class encouraging athletes to progressively improve their optimal performance within their desired sport. The class focuses on correct technique development, improvements in strength and sport specific movements along with physical conditioning.*
$15 per session.

PhysioStretch: *1 hour - PhysioStretch increases health and well-being (physical, emotional, mental and social) through postures and movement, breath awareness and breathing exercises and meditation. This a great balance to your weekly exercise routine, with a good stretch.*
$15 per session.

PACKAGE DEALS AVAILABLE
For all 1 hour classes

10 Class Pack	*$140 paid in advance*
Or	
Consult Plus 6 Class Pack	*$100 paid in advance*

HEALTH FUND REBATES MAY APPLY