



6 River St, Yamba NSW 2464
 P: (02) 6645 8522 F: (02) 6645 8466

ABN: 13 103 076 357
 W: www.yambaphysio.com



39 River St, Maclean NSW 2463
 P: (02) 6645 5800 F: (02) 6645 5700

E: reception@yambaphysio.com

Group Exercise Timetable

YAMBA

Starting time	Monday	Tuesday	Wednesday	Thursday	Friday
8.00 am		Physio 4 Core		Physio 4 Core	
9.00 am	Gentle Circuit Class	Gentle Circuit Class		Gentle Circuit Class	Gentle Circuit Class
9.30 am				Mums n Bubs @ Flinders Park	
10.00 am	Still Standing		Men's Fitness	Still Standing	Men's Fitness
10.45 am				Gym Class Heroes	
2.00 pm	Lungs in Action				
3.30 pm				Bendy Bodies (not during school holidays)	
4.00 pm	Fit 4 Birth				
5.00 pm	Physio 4 Core	Physio 4 Core			

*All classes are taken by qualified Physiotherapists or Exercise Physiologists.
 Classes are subject to change, please call before attending.*

Class Descriptions & Pricing – see over page

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Bendy Bodies: 30 mins – Children 5 to 12 years. Children will Stretch, Move and Relax while they develop not only strength, coordination, flexibility and balance, but also body awareness, better focus and concentration, and self-confidence. Children will be introduced to stretching poses, breathing and meditation through stories and games in a fun, non-competitive and supportive environment.
\$8 per session.

Fit 4 Birth: 1 hour – Classes are based on contemporary physiotherapy approaches to strengthening, posture and preparation for childbirth. Fit 4 Birth is suitable throughout all stages of pregnancy and the postnatal period from 6 weeks postpartum.
\$15 per session.

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.

Gentlemen's Fitness: 1 hour - Inspired by the gentlemen of society, this exercise class is designed to help keep your body feeling sharp and respectable. The Gentlemen's Fitness Class works on the fundamental movement's which we need and use every day (squatting, lifting, balancing etc.). This class caters for those gentlemen looking to ease back into exercise or return from an injury, and aims to improve posture, strength and stamina. The class is run by a fellow gentlemen and Accredited Exercise Physiologist, Phil Kelly.
\$15 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

Lungs In Action: 30 mins - Lungs in Action is a safe, low impact, self-paced exercise program. This class is suitable for COPD patients and beginners to exercise. It focuses on improving cardiovascular fitness, increasing muscular strength, improving balance and coordination.
\$10 per class.

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

Mums n Bubs: 1 hour – A welcoming environment where you can exercise with your baby, meet other mums and regain your pre-pregnancy fitness. Classes are run by a physiotherapist with additional training in Women's Health and are composed of a variety of cardiovascular, strengthening and Physio 4 Core based exercises.
\$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

Gym Class Heroes: 45 mins – A class incorporating a variety of cardio machines, pinned weight machines, free weights and mat work. Lead by an Accredited Exercise Physiologist, this class is heldplease ask Reception
\$10 per session PLUS \$5 Gym Entry

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