



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

W: www.yambaphysio.com



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

ABN: 13 103 076 357

E: reception@yambaphysio.com

F: (02) 6645 8466

Group Exercise Timetable YAMBA

Due to Covid-19 our class numbers are currently limited - please call if you would like to join one of our classes.

Starting time	Monday	Tuesday	Wednesday	Thursday	Friday
8.00 am		Physio 4 Core		Physio 4 Core	
9.00 am	Gentle Circuit Class	Mums n Bubs (Flinders Park)		Gentle Circuit Class	Gentle Circuit Class
9.30 am		Strong with Parkinson's			
10.00 am	Keep Moving	Gentle Circuit Class (Level 2)	Men's Fitness	Still Standing	Men's Fitness
3.00 pm	Gentle Circuit Class				
4.00 pm	Fit 4 Birth				
4:00pm				Gentle Circuit Class (Level 2)	
5.00 pm	Physio 4 Core	Physio 4 Core			

*All classes are taken by qualified Physiotherapists or Exercise Physiologists.
Class times are correct at time of publishing
Classes are subject to change, please call before attending.*

Class Descriptions & Pricing – see over page

Class Descriptions & Pricing

Fit 4 Birth: 50 minutes – 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.

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

Keep Moving: 45 mins - Keep Moving 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: 50 minutes - Functional strengthening and cardiovascular training allowing easier everyday movement.
\$15 per session.

Mums n Bubs: 50 minutes – 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: 50 minutes - 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: 30 minutes - 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

Strong with Parkinson's: 30 mins - Physio led exercise class specifically for people with Parkinson's . The class will be tailored to your personal needs to focus on the movements that you struggle with. Speed, agility, balance, mobility, fitness and strength will be targeted to enhance the brain's use of dopamine more efficiently. Our best way to achieve benefits is to exercise regularly and we will guide you through safe exercises to do at home and outdoors thus encouraging an active lifestyle .
\$ 10 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