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## Group Exercise Timetable

### YAMBA

**Our class numbers are currently limited - please see reception to book your spot.  
 Please be advised an assessment is required prior to commencing your first class.**

Starting time	Monday	Tuesday	Wednesday	Thursday	Friday
8.00 am		Physio 4 Core (Pilates)		Physio 4 Core (Pilates)	
9.00 am	Gentle Circuit	Gentle Circuit		Gentle Circuit	Men's Fitness
9.30 am		Mums n Bubs			
10.00 am	Men's Fitness	Women's Fitness	Men's Fitness	Still Standing	
11.00 am	Still Standing	Still Standing			Still Standing
11.30am				Restorative Stretch (Yoga)	<b>Aqua Class</b> Yamba Community Pool (Seasonal - check with Reception)
3.00pm					Small Group Training
4:00pm		BumpBirthBaby (8 week programme. Enquire within)			
4:30pm					Small Group Training (Youth)
5.00 pm	Physio 4 Core (Pilates) ----- Physio Flow (Vinyasa Yoga)	Physio 4 Core (Pilates)			
5.30 pm			Strength & Movement		

*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**  
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**Aqua Class - Yamba Community Pool:** 45 mins - Gentle water exercise with a qualified Exercise Physiologist. An enjoyable class suitable for all levels of fitness held at the Yamba Community Pool. Please call Yamba Physio to register your interest on 6645 8522. **(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:** 50 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.  
\$15 per session.

**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.

**Fit4Birth:** 50 minutes – Our Fit 4 Birth classes are based on traditional contemporary physiotherapy approaches to strengthening posture and preparation for childbirth. Classes are run by a women's health trained physiotherapist. Fit 4 Birth is suitable throughout all stages of pregnancy and the postnatal period - from 6 weeks to postpartum. \$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.

**Restorative Stretch:** 50 minutes - Lower level Yoga Restorative Stretch is a gentle class designed for everyone. The class will consist of numerous stretching postures with the support of props such as chairs, folded blankets, blocks & straps. Breath and relaxation exercises will also be involved. This class aims to improve your flexibility, mobility, balance and strength. \* ability to get on (& off) the floor recommended. \$15 per session.

**Small Group Training:** 50 minutes - Supervised coaching of participants performing individual, independent gym programs set out specifically for each participant by a qualified Exercise Physiologist. Each class will include coaching from the EP on technique and training loads along with education on their specific exercise needs and how to progress. There will be other members in the session who will have their own program also, however will make it a fun and supportive challenge. \$25 per session

**Small Group Training (Youth):** 50 minutes - This training is a supervised coaching program which is designed to improve understanding of body awareness and movement. Adolescence can be challenging for our youth as their bodies develop and change, causing difficulties with motor patterns, injury and social interaction (self-conscious). The aim of the program is to help kids to get the most out of their physical activity (including sport) through the coaching of optimal movement mechanics. \$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

**Strength & Movement:** 50 minutes - This class is an all round training system that will challenge your physicality. This workout session utilises bodyweight and free weight exercises to challenge and progress your strength, conditioning and mobility. \$15 per session

**Women's Fitness:** 50 minutes - A step up from our gentle circuit class. This class focuses on an increased intensity of both cardio and weights. More complex lifting patterns, dynamic moves and core exercises are introduced in this class. \$15 per session.

**Physio Flow:** 50 minutes - This class is a Vinyasa flow, which is linking Yoga poses to flow to breath. Participants should be able to do a plank on hands / a push up and have the ability to step foot forward into the runner's lunge. An intermediate style class, for fit / mobile folks or stiff folks who would like to try yoga. A sweaty class that works on improving mobility, strength & balance, more on the challenging side rather than the passive stretchy side. \$15 per session

**Please ask about our PACKAGE DEALS AVAILABLE**

HEALTH FUND REBATES MAY APPLY