

# Entire Health Services - Class Timetable Term 4 2022

Commencing week beginning 10th October 2022 - 10 Week Term



	Monday	Tuesday	Wednesday	Thursday	Friday
7:00am					Foundation Physio Led Rehab
9:00am	Social Seniors Exercise		Social Seniors Exercise	Seniors Social Exercise	Social Seniors Exercise
10:00am	Social Seniors Exercise	Seniors Social Exercise	Seniors Social Exercise	Seniors Social Exercise	Social Seniors Exercise
12:00pm	Progression Physio Led Rehab				
12:30pm		Foundation Physio Led Rehab		Progression Physio Led Rehab	
1:00pm					
5:15pm		Pre/Peri Natal Physio Led Rehab	No Yoga this Term	Foundation Physio Led Rehab	
6:30pm		Pre/Peri Natal Physio Led Rehab		Progression Physio Led Rehab	
7:00pm					

## Legend

- Foundation/Progression Physio Rehab – small group rehab class
- Seniors Social Exercise – fun exercise class for Seniors
- Yoga – instructor led - traditional slow and meditative yoga class

## Entire Health Services - Class Timetable Term 4 2022

### Physiotherapist and Exercise Physiologist Led Classes (\*):

The classes led by our Physiotherapists and Exercise Physiologist are designed to address specific chronic illnesses and conditions, as well as for those who just want to increase their fitness levels and well being. Prior to commencing any group rehabilitation class our physios will need to perform a pre-screening on you.

This is a one-off, hour long appointment (\$130) where all your previous injury, pregnancy and/or medical conditions are discussed.

Pre-screenings allow our physios to safely prescribe exercises individually tailored for you for each class. Classes are suitable for all fitness levels.

<p><b>Physiotherapy Led, Small Group Rehabilitation Classes (existing classes)*:</b></p> <ul style="list-style-type: none"> <li>• \$350 per term (10 classes).</li> <li>• May be claimable on private health.</li> <li>• One hours duration per class.</li> <li>• Casual Classes not available.</li> </ul> <p>Small Group rehabilitation classes are run by our physiotherapists and are limited to 6 participants per class.</p> <p>The exercises incorporated in the classes stretches all the major muscle groups in the body to improve flexibility, strength, and body awareness.</p> <p>These classes are suitable for anyone wanting guidance in their care of low back pain, neck pain, pre/post pregnancy, post menopause and many other musculoskeletal conditions.</p>	<p><b>Seniors Social Exercise Classes</b></p> <ul style="list-style-type: none"> <li>• \$10 per class</li> <li>• Not claimable on Private Health.</li> <li>• 45 minutes duration per class.</li> <li>• Casual attendance welcome.</li> </ul> <p>These classes are structured to improve your balance and strength through fun activities and exercises shared with people of a similar age.</p> <p>The aim of the class is to help you feel confident and comfortable within your home and in the wider community.</p>
<p><b>Vinyasa Yoga</b></p> <ul style="list-style-type: none"> <li>• \$160 per term (8 classes)</li> <li>• One hours duration per class</li> <li>• Casual classes not available.</li> </ul> <p>Vinyasa slow flow yoga is a combination of vinyasa and hatha yoga combining movement with breath. It is slower than vinyasa yoga and more flowing than hatha yoga.</p> <p>Everyone practices at their own level of intensity and I offer variations and modifications to the poses and sequences to make it more accessible. I incorporate breathing techniques, meditation and relaxation.</p>	<p><b>Mindfulness Meditation</b></p> <ul style="list-style-type: none"> <li>• Available Term 4 2022</li> <li>• \$200 - 8 week guided meditation course:</li> <li>• Casual classes not available.</li> </ul> <p>The numerous benefits of meditation include experiencing calmness, less emotional reactivity, mental clarity and increased energy levels.</p>

For expressions of interest and to reserve your spot in one of our classes, please phone the reception on [6299 5183](tel:62995183).

<https://www.entirehealthservices.com.au>