

Rehab and Clinical Exercise Group Timetable 15/12 - 21/12

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:40 am		Clinical Exercise Group Ella Henderson	Clinical Exercise Group Riley Hamilton	Clinical Exercise Group Bella Fraser	AHA Clinical Exercise Group Emma McDougal	
7:30 am		Body and Brain Rehab Ella Henderson	Body and Brain Rehab Riley Hamilton	Body and Brain Rehab Bella Fraser		
8:20 am	Independent Rehab	Independent Rehab	Independent Rehab	Independent Rehab	Independent Rehab	AHA Body and Brain Rehab Emma McDougal
9:10 am	Clinical Exercise Group Ella Henderson	Clinical Exercise Group + Safe Haven Annemarie van der Meulen	Clinical Exercise Group Ella Henderson	Clinical Exercise Group + Safe Haven Annemarie van der Meulen	Clinical Exercise Group Emma McDougal	AHA Clinical Exercise Group Emma McDougal
10:00 am	Body and Brain Rehab Ella Henderson	Clinical Exercise Group Annemarie van der Meulen	Clinical Exercise Group + Safe Haven @ 10:10am Ella Henderson	Body and Brain Rehab Annemarie van der Meulen	Body and Brain Rehab Emma McDougal	
10:30 am					Hydrotherapy Warragul Leisure Centre Riley Hamilton	
11:00 am		Body and Brain Rehab Annemarie van der Meulen	Body and Brain Rehab Ella Henderson	Body and Brain Rehab Annemarie van der Meulen	Body and Brain Rehab Emma McDougal	
11:00 am		Hydrotherapy Warragul Leisure Centre Riley Hamilton				
12 noon	Independent Rehab	Independent Rehab (12:15pm)		Independent Rehab	Independent Rehab (11:45am)	
1:15 pm		Body and Brain Rehab Riley Hamilton		Body and Brain Rehab Annemarie van der Meulen	Body and Brain Rehab Richard Biss	
2:00 pm	Body and Brain Rehab Richard Biss	Body and Brain Rehab Riley Hamilton	Body and Brain Rehab Annemarie van der Meulen		Body and Brain Rehab Richard Biss	
2:45pm	Body and Brain Rehab Richard Biss					
5:10 pm			Clinical Exercise Group Emma McDougal	AHA Body and Brain Rehab Emma McDougal		
6:00 pm	Body and Brain Rehab Jake Kallady	AHA Clinical Exercise Group Emma McDougal	Body and Brain Rehab Emma McDougal	AHA Body and Brain Rehab Emma McDougal		
6:50 pm	Clinical Exercise Group Jake Kallady	AHA Body and Brain Rehab Emma McDougal		AHA Clinical Exercise Group Emma McDougal		

To book classes:

Clinic and Class Location:

Rehab and Clinical Exercise Group Timetable 22/12 - 28/12

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:40 am		Clinical Exercise Group Ella Henderson	Clinical Exercise Group Bella Fraser	CLINIC CLOSED CHRISTMAS DAY	CLINIC CLOSED BOXING DAY	CLINIC CLOSED
7:30 am		Body and Brain Rehab Ella Henderson	Body and Brain Rehab Bella Fraser			
8:20 am	Independent Rehab	Independent Rehab	Independent Rehab			
9:10 am	Clinical Exercise Group Kelly Joyce		Clinical Exercise Group Ella Henderson			
10:00 am	Body and Brain Rehab Kelly Joyce	Clinical Exercise Group Bella Fraser				
10:30 am						
11:00 am		Body and Brain Rehab Bella Fraser	Body and Brain Rehab Ella Henderson			
11:00 am		Hydrotherapy Warragul Leisure Centre Riley Hamilton	CLINIC CLOSED 1:00PM CHRISTMAS EVE			
12 noon	Independent Rehab	Independent Rehab (12:15pm)				
1:15 pm		Body and Brain Rehab Kelly Joyce				
2:00 pm	Body and Brain Rehab Bella Fraser	Body and Brain Rehab Riley Hamilton				
2:45pm	Body and Brain Rehab Annemarie van der Meulen					
5:10 pm						
6:00 pm	Body and Brain Rehab Jake Kallady	AHA Clinical Exercise Group Emma McDougal				
6:50 pm	Clinical Exercise Group Jake Kallady	AHA Body and Brain Rehab Emma McDougal				

To book classes:

Call: 5623 3306 Online: www.throughlifephysio.com.au

Clinic and Class Location:

100 Brandy Creek Road Warragul

Rehab and Clinical Exercise Group Timetable 29/12 - 3/1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:40 am		Clinical Exercise Group Ella Henderson	Clinical Exercise Group Bella Fraser	CLINIC CLOSED NEW YEARS DAY	CLINIC CLOSED	CLINIC CLOSED
7:30 am		Body and Brain Rehab Ella Henderson	Body and Brain Rehab Bella Fraser			
8:20 am	Independent Rehab	Independent Rehab	Independent Rehab			
9:10 am	Clinical Exercise Group Kelly Joyce		Clinical Exercise Group Ella Henderson			
10:00 am	Body and Brain Rehab Kelly Joyce	Clinical Exercise Group Bella Fraser				
10:30 am						
11:00 am		Body and Brain Rehab Bella Fraser	Body and Brain Rehab Ella Henderson			
11:00 am		Hydrotherapy Warragul Leisure Centre Riley Hamilton	CLINIC CLOSED 1:00PM NEW YEARS EVE			
12 noon	Independent Rehab	Independent Rehab (12:15pm)				
1:15 pm		Body and Brain Rehab Kelly Joyce				
2:00 pm	Body and Brain Rehab Bella Fraser	Body and Brain Rehab Riley Hamilton				
2:45pm	Body and Brain Rehab Bella Fraser					
5:10 pm	CLINIC CLOSED 5:00PM	CLINIC CLOSED 5:30PM				
6:00 pm						
6:50 pm						

To book classes:

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Clinic and Class Location:

100 Brandy Creek Road Warragul

Rehab and Clinical Exercise Group Timetable 5/1 - 11/1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:40 am		Clinical Exercise Group Ella Henderson				
7:30 am		Body and Brain Rehab Ella Henderson				
8:20 am	Independent Rehab	Independent Rehab	Independent Rehab	Independent Rehab	Independent Rehab	
9:10 am	Clinical Exercise Group Kelly Joyce	Clinical Exercise Group + Safe Haven Ella Henderson	Clinical Exercise Group Ella Henderson	Clinical Exercise Group + Safe Haven Riley Hamilton	Clinical Exercise Group Jake Kallady	
10:00 am	Body and Brain Rehab Kelly Joyce	Clinical Exercise Group Ella Henderson	Clinical Exercise Group + Safe Haven @ 10:10am Ella Henderson	Body and Brain Rehab Riley Hamilton	Body and Brain Rehab Jake Kallady	
10:30 am					Hydrotherapy Warragul Leisure Centre Riley Hamilton	
11:00 am		Body and Brain Rehab Ella Henderson	Body and Brain Rehab Ella Henderson	Body and Brain Rehab Riley Hamilton	Body and Brain Rehab Jake Kallady	
11:00 am		Hydrotherapy Warragul Leisure Centre Riley Hamilton				
12 noon	Independent Rehab	Independent Rehab (12:15pm)		Independent Rehab	Independent Rehab (11:45am)	
1:15 pm		Body and Brain Rehab Kelly Joyce		Body and Brain Rehab Kelly Joyce	Body and Brain Rehab Richard Biss	
2:00 pm	Body and Brain Rehab Richard Biss	Body and Brain Rehab Riley Hamilton	Body and Brain Rehab Ella Henderson		Body and Brain Rehab Richard Biss	
2:45pm	Body and Brain Rehab Richard Biss					
5:10 pm			Clinical Exercise Group Jake Kallady			
6:00 pm	Body and Brain Rehab Jake Kallady	Clinical Exercise Group Jake Kallady	Body and Brain Rehab Jake Kallady			
6:50 pm	Clinical Exercise Group Jake Kallady	Body and Brain Rehab Jake Kallady				

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Clinic and Class Location:

Rehab and Clinical Exercise Group Timetable 12/1 - 17/1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:40 am		Clinical Exercise Group Ella Henderson	Clinical Exercise Group Bella Fraser			
7:30 am		Body and Brain Rehab Ella Henderson	Body and Brain Rehab Bella Fraser			
8:20 am	Independent Rehab	Independent Rehab	Independent Rehab	Independent Rehab	Independent Rehab	AHA Body and Brain Rehab Emma McDougal
9:10 am	Clinical Exercise Group Kelly Joyce	Clinical Exercise Group + Safe Haven Ella Henderson	Clinical Exercise Group Ella Henderson	Clinical Exercise Group + Safe Haven Helen Lowe	Clinical Exercise Group Jake Kallady	AHA Clinical Exercise Group Emma McDougal
10:00 am	Body and Brain Rehab Kelly Joyce	Clinical Exercise Group Ella Henderson	Clinical Exercise Group + Safe Haven @ 10:10am Ella Henderson	Body and Brain Rehab Helen Lowe	Body and Brain Rehab Jake Kallady	
10:30 am					Hydrotherapy Warragul Leisure Centre Riley Hamilton	
11:00 am		Body and Brain Rehab Ella Henderson	Body and Brain Rehab Ella Henderson	Body and Brain Rehab Helen Lowe	Body and Brain Rehab Jake Kallady	
11:00 am		Hydrotherapy Warragul Leisure Centre Riley Hamilton				
12 noon	Independent Rehab	Independent Rehab (12:15pm)		Independent Rehab	Independent Rehab (11:45am)	
1:15 pm		Body and Brain Rehab Kelly Joyce		Body and Brain Rehab Kelly Joyce	Body and Brain Rehab Richard Biss	
2:00 pm	Body and Brain Rehab Richard Biss	Body and Brain Rehab Riley Hamilton	Body and Brain Rehab Annemarie van der Meulen		Body and Brain Rehab Richard Biss	
2:45pm	Body and Brain Rehab Richard Biss					
5:10 pm			Clinical Exercise Group	Body and Brain Rehab		
6:00 pm	Body and Brain Rehab Jake Kallady	Clinical Exercise Group Jake Kallady	Body and Brain Rehab Jake Kallady	Body and Brain Rehab Annemarie van der Meulen		
6:50 pm	Clinical Exercise Group Jake Kallady	Body and Brain Rehab Jake Kallady		Clinical Exercise Group Annemarie van der Meulen		

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Clinic and Class Location:

Rehab and Clinical Exercise Group Timetable 19/1 - 25/1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:40 am		Clinical Exercise Group Ella Henderson	Clinical Exercise Group Bella Fraser		AHA Clinical Exercise Group Emma McDougal	
7:30 am		Body and Brain Rehab Ella Henderson	Body and Brain Rehab Bella Fraser			
8:20 am	Independent Rehab	Independent Rehab	Independent Rehab	Independent Rehab	Independent Rehab	AHA Body and Brain Rehab Emma McDougal
9:10 am	Clinical Exercise Group Bella Fraser	Clinical Exercise Group + Safe Haven Ella Henderson	Clinical Exercise Group Ella Henderson	Clinical Exercise Group + Safe Haven Annemarie van der Meulen	Clinical Exercise Group Jake Kallady	AHA Clinical Exercise Group Emma McDougal
10:00 am	Body and Brain Rehab Bella Fraser	Clinical Exercise Group Bella Fraser	Clinical Exercise Group + Safe Haven @ 10:10am Ella Henderson	Body and Brain Rehab Annemarie van der Meulen	Body and Brain Rehab Jake Kallady	
10:30 am					Hydrotherapy Warragul Leisure Centre Riley Hamilton	
11:00 am		Body and Brain Rehab Bella Fraser	Body and Brain Rehab Ella Henderson	Body and Brain Rehab Annemarie van der Meulen	Body and Brain Rehab Jake Kallady	
11:00 am		Hydrotherapy Warragul Leisure Centre Riley Hamilton				
12 noon	Independent Rehab	Independent Rehab (12:15pm)		Independent Rehab	Independent Rehab (11:45am)	
1:15 pm		Body and Brain Rehab Riley Hamilton			Body and Brain Rehab Richard Biss	
2:00 pm	Body and Brain Rehab Richard Biss	Body and Brain Rehab Riley Hamilton	Body and Brain Rehab Annemarie van der Meulen		Body and Brain Rehab Richard Biss	
2:45pm	Body and Brain Rehab Richard Biss					
5:10 pm			Clinical Exercise Group Jake Kallady	Body and Brain Rehab Helen Lowe		
6:00 pm	Body and Brain Rehab Jake Kallady	Clinical Exercise Group Jake Kallady	Body and Brain Rehab Jake Kallady	Body and Brain Rehab Helen Lowe		
6:50 pm	Clinical Exercise Group Jake Kallady	Body and Brain Rehab Jake Kallady		Clinical Exercise Group Helen Lowe		

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Clinic and Class Location:

Rehab and Clinical Exercise Group Timetable 26/1 - 31/1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:40 am	CLINIC CLOSED AUSTRALIA DAY	Clinical Exercise Group Ella Henderson	Clinical Exercise Group Bella Fraser	Clinical Exercise Group Monique Zurrer	AHA Clinical Exercise Group Emma McDougal	
7:30 am		Body and Brain Rehab Ella Henderson	Body and Brain Rehab Bella Fraser	Body and Brain Rehab Monique Zurrer		
8:20 am		Independent Rehab	Independent Rehab	Independent Rehab	Independent Rehab	AHA Body and Brain Rehab Emma McDougal
9:10 am		Clinical Exercise Group + Safe Haven Helen Lowe	Clinical Exercise Group Ella Henderson	Clinical Exercise Group + Safe Haven Monique Zurrer	Clinical Exercise Group Monique Zurrer	AHA Clinical Exercise Group Emma McDougal
10:00 am		Clinical Exercise Group Helen Lowe	Clinical Exercise Group + Safe Haven @ 10:10am Ella Henderson	Body and Brain Rehab Monique Zurrer	Body and Brain Rehab Monique Zurrer	
10:30 am					Hydrotherapy Warragul Leisure Centre Riley Hamilton	
11:00 am		Body and Brain Rehab Helen Lowe	Body and Brain Rehab Ella Henderson	Body and Brain Rehab Monique Zurrer	Body and Brain Rehab Monique Zurrer	
11:00 am		Hydrotherapy Warragul Leisure Centre Riley Hamilton				
12 noon		Independent Rehab (12:15pm)		Independent Rehab	Independent Rehab (11:45am)	
1:15 pm		Body and Brain Rehab Riley Hamilton		Body and Brain Rehab Monique Zurrer	Body and Brain Rehab Richard Biss	
2:00 pm		Body and Brain Rehab Riley Hamilton	Body and Brain Rehab Monique Zurrer		Body and Brain Rehab Richard Biss	
2:45pm						
5:10 pm			Clinical Exercise Group Monique Zurrer	Body and Brain Rehab Helen Lowe or Jake		
6:00 pm		AHA Clinical Exercise Group Emma McDougal	Body and Brain Rehab Monique Zurrer	Body and Brain Rehab Helen Lowe		
6:50 pm		AHA Body and Brain Rehab Emma McDougal		Clinical Exercise Group Helen Lowe		

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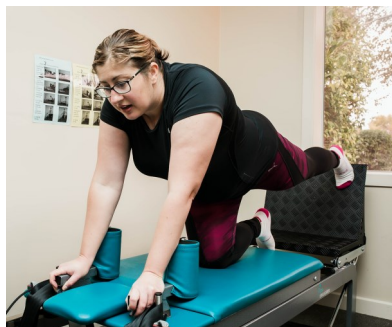
Clinic and Class Location:

Information on Group Exercise

Clinical Exercise Group

Individualised levels - the perfect exercise for:

- Improving posture
- Strengthening core
- Pelvic Floor Rehab
- Pregnancy and birth preparation
- Postnatal recovery

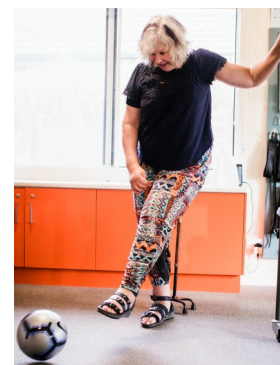


Body and Brain Rehab

Rehabilitation exercises specifically and uniquely prescribed for your goals of:

- Back Pain Management
- Neurological Rehab
- Chronic Pain Management
- Post-Op Rehab
- Injury/Pain Rehab

3 patients : 1 Physio



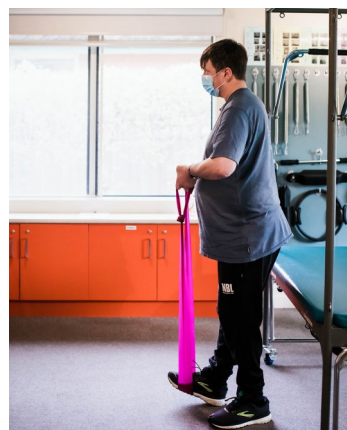
Through
Life
Physiotherapy
Caring | Empowering | Achieving

Independent Rehab

(Physio must approve)

The ideal exercise for those who:

- Have mastered a Rehab program
- Live with chronic pain
- Have a long term health condition
- Love exercising on Clinical Pilates equipment



Safe Haven

- Free at selected Clinical Exercise Groups.
- Exercise together when your child needs to connect with you.
- A wonderful play space for your child.
- We care for your children while you exercise.
- Parents remain responsible for changing nappies and taking children to the toilet.

Please note, anyone is welcome to attend these classes



Helen Lowe
Physio



Kelly Joyce
Physio



Richard Biss
Physio



Annemarie van der
Meulen - Physio



Riley Hamilton
Physio



Ella Henderson
Physio



Bella Fraser
Physio



Jake Kallady
Physio



Ilona Adebahr
AHA



Emma McDougal
Physio Cadet

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Clinic and

Class location: