

# Rehab and Clinical Exercise Group Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:40 am		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	Independent Rehab	AHA Body and Brain Rehab Emma McDougal
9:10 am	Clinical Exercise Group Kelly Joyce	Clinical Exercise Group + Safe Haven Annemarie van der Meulen	Clinical Exercise Group Ella Henderson	Clinical Exercise Group + Safe Ha- ven Monique Zurrer	Clinical Exercise Group Monique Zurrer	AHA Clinical Exercise Group Emma McDougal
10:00 am	Body and Brain Rehab Kelly Joyce	Clinical Exercise Group Annemarie van der Meulen	Clinical Exercise Group + Safe Haven (10:10am)	Body and Brain Rehab Monique Zurrer	Body and Brain Rehab Monique Zurrer	
10:30 am					Hydrotherapy Warragul Leisure Centre	
11:00 am		Body and Brain Rehab Annemarie van der Meulen	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				
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 Monique Zurrer	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 Monique Zurrer		Body and Brain Rehab Richard Biss	
2:45pm	Body and Brain Rehab Richard Biss					
5:10 pm			Clinical Exercise Group Monique Zurrer	Body and Brain Rehab Helen Lowe		
6:00 pm	Body and Brain Rehab Jake Kallady	AHA Clinical Exercise Group Emma McDougal	Body and Brain Rehab Monique Zurrer	Body and Brain Rehab Helen Lowe		
6:50 pm	Clinical Exercise Group Jake Kallady	AHA Body and Brain Rehab Emma McDougal		Clinical Exercise Group Helen Lowe		

To book classes:

Clinic and Class Location:

Call: 5623 3306 Online: [www.throughlifephysio.com.au](http://www.throughlifephysio.com.au)

100 Brandy Creek Road Warragul

# 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

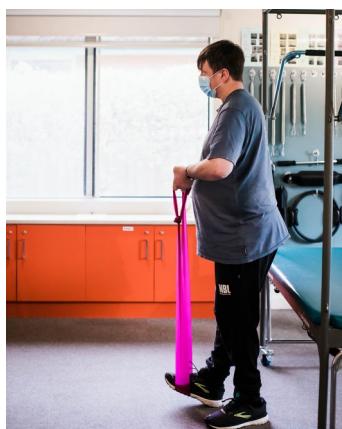


## Independent Rehab

### (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



Monique Zurrer  
Physio



Ilona Adebahr  
AHA



Emma McDougal  
Physio Cadet

**To book classes:**

**Through  
Life  
Physiotherapy**  
Caring | Empowering | Achieving