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	Clinical Exercise Group Eva Blyth	
7:30 am		Body and Brain Rehab Ella Henderson	Body and Brain Rehab Bella Fraser	Body and Brain Rehab Monique Zurrer	Body and Brain Rehab Eva Blyth	
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 Jake Kallady	Clinical Exercise Group + Safe Haven Monique Zurrer	Clinical Exercise Group Eva Blyth	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) Jake Kallady	Body and Brain Rehab Monique Zurrer	Body and Brain Rehab Eva Blyth	
10:30 am					Hydrotherapy Warragul Leisure Centre Riley Hamilton	
11:00 am		Body and Brain Rehab Annemarie van der Meulen	Body and Brain Rehab Jake Kallady	Body and Brain Rehab Monique Zurrer	Body and Brain Rehab Eva Blyth	
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 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 Ella Henderson	Clinical Exercise Group Monique Zurrer		Body and Brain Rehab Helen Lowe		
6:50 pm	Clinical Exercise Group Ella Henderson	Body and Brain Rehab Monique Zurrer		Clinical Exercise Group Helen Lowe		

To book classes:

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

Clinic and Class Location:

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



Through Life Physiotherapy

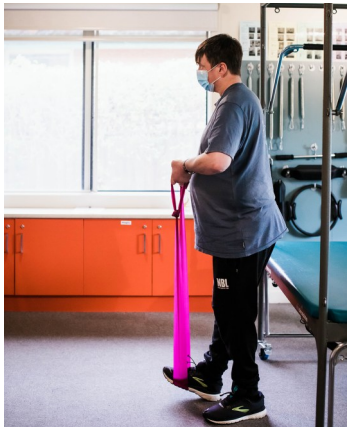
Caring | Empowering | Achieving

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

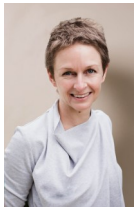
- Free at selected Clinical Exercise Groups.
- Exercise together when your child needs to connect with you.
- A wonderful play space for your child.
- We care for your children while you exercise.
- Parents remain responsible for changing nappies and taking children to the toilet.

<u>Please note, anyone is welcome to attend these classes</u>





Helen Lowe
Physio



Kelly Joyce
Physio



Richard Biss
Physio



Annemarie van der Meulen - Physio



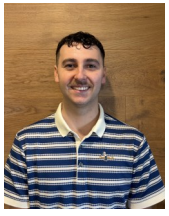
Riley Hamilton
Physio



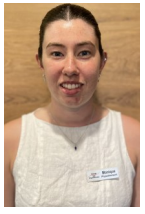
Ella Henderson
Physio



Bella Fraser
Physio



Jake Kallady
Physio



Monique Zurrer
Physio



Ilona Adebahr
AHA



Emma McDougal
Physio Cadet

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