# Rehab and Clinical Exercise Group Timetable

	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 Kelly Joyce	Clinical Exercise Group + Safe Haven Annemarie van der Meulen	Clinical Exercise Group Ella Henderson	Clinical Exercise Group + Safe Haven ven Annemarie van der Meulen	Clinical Exercise Group	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 Ella Henderson	Body and Brain Rehab Annemarie van der Meulen	Body and Brain Rehab	
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	
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 Timothy Chiu	Body and Brain Rehab Helen Lowe		
6:00 pm	Body and Brain Rehab Timothy Chiu	AHA Clinical Exercise Group Emma McDougal	Body and Brain Rehab Timothy Chiu	Body and Brain Rehab Helen Lowe		
6:50 pm	Clinical Exercise Group Timothy Chiu	AHA Body and Brain Rehab Emma McDougal	Clinical Exercise Group Timothy Chiu	Clinical Exercise Group Helen Lowe		

**To book classes:**Call: 5623 3306 Online: www.throughlifephysio.com.au

**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





### **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





Physio



Kelly Joyce Physio



**Richard Biss** Physio



Annemarie van dei Meulen - Physio



Riley Hamilton Physio



Ella Henderson Physio



Bella Fraser Physio



Timothy Chiu Physio



Ilona Adebahr AHA



Emma McDougal Physio Cadet