

# Rehab and Clinical Exercise Group Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 am	Independent Rehab	Independent Rehab		Independent Rehab	Independent Rehab
9:10 am	(9:00) Physio Fit Kelly Joyce Starting 28/09	ZOOM Clinical Exercise Group Claire Edwards	ZOOM Clinical Exercise Group Claire Edwards	Body and Brain Rehab Ashlee Diston	ZOOM Clinical Exercise Group Helen Lowe
10:00 am	Body and Brain Rehab Kelly Joyce	Body and Brain Rehab Claire Edwards	Body and Brain Rehab Richard Biss	(9:30) Physio Fit Richard Biss Starting 24/09	Body and Brain Rehab Richard Biss
11:00 am				Body and Brain Rehab Richard Biss	
12 noon	Independent Rehab	Independent Rehab	(12:15) Independent Rehab	Independent Rehab	Independent Rehab
1:15 pm	Body and Brain Rehab Richard Biss				
2:00 pm	Body and Brain Rehab Richard Biss	Body and Brain Rehab Helen Lowe	Body and Brain Rehab Kelly Joyce		Body and Brain Rehab Ashlee Diston
2:45 pm					Body and Brain Rehab Ashlee Diston
5:15 pm		Body and Brain Rehab Ashlee Diston		Body and Brain Rehab Richard Biss	
6:00 pm	Body and Brain Rehab Claire Edwards	ZOOM Clinical Exercise Group Ashlee Diston	Body and Brain Rehab Ashlee Diston	Body and Brain Rehab Richard Biss	
6:45 pm	ZOOM Clinical Exercise Group Claire Edwards (6:50pm as of 05/10)		ZOOM Clinical Exercise Group Ashlee Diston (6:50pm as of 07/10)	ZOOM Clinical Exercise Group Helen Lowe	
6:50 pm	Garden Clinical Exercise Claire Edwards Starting 05/10		Garden Clinical Exercise Ashlee Diston Starting 07/10		

Through Life Physiotherapy will be running weekly Clinical Exercise Groups by Zoom, outside in our Garden or at Brooker Park (Physio Fit) during the COVID-19 Pandemic. We will have a maximum of 5 participants in each class so that we can continue to tailor exercises to your needs and you can chat and catch up with friends from class.

Please book into classes as you usually do through our website or by calling our clinic. If you are booking into a Zoom class you will be sent an email with a link to the class 15-30 minutes before the class starts. New clients are most welcome to join our classes, please call to book.

Our classes will use a range of equipment that can be hired from or purchased from Through Life Physiotherapy. Equipment will include Mat, Theraband Chiball, Foam Roller and Hand Weights. Please call us to hire or buy equipment.

## To book classes:

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

## Clinic and Class location:

100 Brandy Creek Road Warragul

# Information on Group Exercise

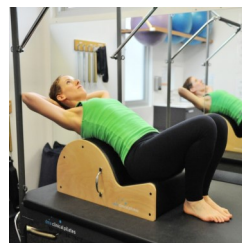
## Body and Brain Rehab

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

Clinical Pilates Equipment 45 minute group



## Physio Fit

The weather is improving, join us outside for cardio, strength, core and pelvic floor training.

- Walk with your pram
- Walk, jog or run
- Pelvic floor training
- Kids can come with you

6 patients : 1 Physio / instructor 45 minute group



**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

3 patients who can work independently

Clinical Pilates Equipment

45 minute group



## Zoom Clinical Exercise Group and Garden Clinical Exercise

Do **Zoom Classes** from the comfort of your home. Physios will lead class and coach your technique throughout. Enjoy **Garden Classes** in our beautiful garden.

Individualised levels - the perfect exercise for:

- Improving posture
- Strengthening core
- Pelvic Floor Rehab
- Pregnancy and birth preparation
- Postnatal recovery
- Osteoporosis, balance and falls prevention
- Cardio and HIIT exercise if you are fit and wanting a challenge.

5-6 patients : 1 Physio/ Instructor 45 minute group



Helen Lowe Physio



Kelly Joyce Physio



Richard Biss Physio



Ashlee Diston Physio



Claire Edwards



Sheryn Cutler Fitness Instructor

Helen Lowe Physio | Kelly Joyce Physio | Richard Biss Physio | Ashlee Diston Physio | Claire Edwards | Sheryn Cutler Fitness Instructor

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