

*Your link to lifelong health.....*

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**CLASS TIMETABLE** – *BY APPOINTMENT ONLY*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING</b>	26 <sup>TH</sup> DEC CLOSED	27 <sup>TH</sup> DEC CLOSED	28 <sup>TH</sup> DEC LIMITED CLASSES	29 <sup>TH</sup> DEC LIMITED CLASSES	30 <sup>TH</sup> DEC NORMAL CLASSES	24 <sup>TH</sup> NO CLASSES 31 <sup>ST</sup> DEC LIMITED CLASSES	
				LEVEL 1 & 2 7:00 – 8:00	30 <sup>TH</sup> DEC LEVEL 1 & 2 6:00 – 7:00	LEVEL 2 & 3 7:00 – 8:00	
			LEVEL 1 & 2 9:00 – 10:00	LEVEL 1 & 2 9:00 – 10:00	LEVEL 2 & 3 7:00 – 8:00	LEVEL 1 & 2 8:00 – 9:00	
			LIVE ACTIVE 4LIFE 10:00 – 11:00	LEVEL 2 10:00 – 11:00		LEVEL 2 & 3 9:00 – 10:00	
					LEVEL 1 & 2 9:00 – 10:00		
				LEVEL 1 & 2 4:00 – 5:00	LEVEL 1 & 2 10:00 – 11:00		
				LEVEL 1 & 2 5:00 – 6:00			
<b>EVENING</b>							

**PHYSIOTHERAPY LINKS XMAS CLASS TIMETABLE - NORMAL TIMETABLE RESUMES 04/01/17**



# CLASS DESCRIPTIONS

– BY APPOINTMENT ONLY



## CLINICAL PILATES & EXERCISE STUDIO

### Live Active CLINICAL PILATES CLASSES

#### LEVEL 1 EQUIPMENT

Great class for "first-timers" that would like to get a feel for Reformer Pilates. The class will focus on basic Pilates exercise, teaching you how to engage your core muscles. These sessions are ideal for those relatively new to Pilates but would like to experience something new. (60min)

#### LEVEL 2 EQUIPMENT

A mixed workout of Reformer Pilates and other Pilates Apparatus. This class is suitable for intermediate patients and combines different elements and equipment to provide an overall pilates workout. (60min)

#### LEVEL 3 EQUIPMENT

This session offers a solid high intensity workout suitable for those more advanced at Reformer Pilates. This class is designed to really challenge and improve your core. (60min)

#### PILATES FIT CIRCUIT

A mixed workout of Reformer Pilates and other Pilates Apparatus. This class is suitable for all patients and combines different elements and equipment to provide an overall Pilates workout. (60min)

#### PREGNANCY PILATES

Preglates classes are designed by Physiotherapists and consist of specifically designed exercises for the expectant mother and for mothers 6 weeks post-natal. These classes incorporate traditional Pilates method for strengthening, stability and posture in preparation for childbirth. Preglates will help mothers regain fitness and strength after birth. Exercises are modifiable and safety is paramount. Always check with your obstetrician or GP about exercise prior to commencing. (60min)

#### PILATES STRETCH

Pilates Stretch incorporates stretching and range of movement exercises to help improve flexibility and recovery from other exercise modalities. (30min)

### Live Active EXERCISE PHYSIOLOGY CLASSES

#### 4 LIFE

Live Active! 4 Life is a group class designed for seniors, chronic disease management and to promote lifestyle change. This class aims to improve fitness, strength and quality of life in anyone with chronic disease, including but not limited to CAD, COPD, Osteoarthritis, Diabetes, Joint replacements and obesity. (60min)

#### DIABETES

Group class designed to help manage blood sugar levels, improve overall muscle strength and fitness and encourage lifestyle change. (60min)

#### OSTEO

Group class for people suffering osteoarthritis, rheumatoid arthritis, joint replacements and chronic musculoskeletal injuries. (60min)

#### HEART & LUNG

Group class for people with CAD, Heart failure, post MI, post heart surgery (Stent, CABG) and/or lung dysfunction (Asthma, COPD, emphysema). (60min)

#### HIGH PERFORMANCE CRICKET

For cricketers that want to improve their performance and reduce their risk of injury. Incorporates reformer pilates, stabilisation exercises and functional bowling and batting exercises. (60min)

#### ABILITY

Group class for people with disability (MS, SCI, ABI, CP, SB, Autism Spectrum, Down Syndrome). (60min)

#### BALANCE

Group class to improve muscle strength, stability and balance for falls prevention. (60min)

#### YOUTH

Group class for children and/or young teens with weight problems. Class focused on enjoyment and physical activity rather than structured exercise. (30min)

#### OLDER ADULTS

Group class for the baby boomers (aged 65+). Those with no major health issues aimed at getting active and improving strength, balance, flexibility, maintaining independence and improving quality of life. (60min)