

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6AM - 7AM						CLINICAL PILATES
7AM - 8AM	CLINICAL PILATES	CLINICAL PILATES	CLINICAL PILATES	CLINICAL PILATES	CLINICAL PILATES	CLINICAL PILATES
8AM - 8:45AM	ACTIVE 4 LIFE	ACTIVE 4 LIFE + 8:45 - 9:30	ACTIVE 4 LIFE	ACTIVE 4 LIFE	ACTIVE 4 LIFE	CLINICAL PILATES
9:30AM - 10:30AM	CLINICAL PILATES	CLINICAL PILATES	CLINICAL PILATES	CLINICAL PILATES	CLINICAL PILATES	CLINICAL PILATES 9AM
10:30AM - 11:15AM	ACTIVE 4 LIFE	ACTIVE 4 LIFE	CLINICAL PILATES 10:30 - 11:30	ACTIVE 4 LIFE	ACTIVE 4 LIFE	CLINICAL PILATES 10AM
11:15AM - 12PM	ACTIVE 4 LIFE		OSTEOPOROSIS 11:30 - 12:15	CLINICAL PILATES 11:15 - 12:15	ACTIVE 4 LIFE	
1:15PM - 2:15PM		HYDROTHERAPY		HYDROTHERAPY		
1:30PM - 2:00PM						
5:00PM - 6:00PM	CLINICAL PILATES	CLINICAL PILATES	CLINICAL PILATES 5:30 - 6:30			
6:00PM - 7:00PM	CLINICAL PILATES	CLINICAL PILATES	CLINICAL PILATES 6:30 - 7:30	CLINICAL PILATES		
7:00PM - 8:00PM	CLINICAL PILATES					

All classes and times subject to change without notice. Visit our website www.physiotherapylinks.com.au for class updates or changes.



Clinical Pilates

Great classes for all levels. All patients will have their own individualized programs that are designed to manage specific injury or assessment findings. Therapists will design programs specific to patients individual needs. Bulk billed reassessment every 12 weeks is required to review changes to the program. (60min)



Exercise Physiology

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. (45min)

Pricing & Codes

CLINICAL PILATES

1 class: \$45 - Physio code 560 | Ex Phys code 502
 5 pack: \$175 - pay for 5 classes at \$35, no free classes
 10 pack: \$315 - pay for 9 get 1 free class + save \$10 a session (\$35)
 20 pack: \$560 - pay for 16, get 4 free classes + save \$10 a session (\$35)

ACTIVE 4 LIFE

\$17 per single class - Ex Phys Code 502
 10 pack \$153 - pay get 1 free class
 20 pack \$272 - pay for 16, get 4 free classes

EXERCISE PYSIOLOGY

Initial Consult: \$92 - Ex Phys code 102
 Subsequent Consult: Ex Phys: \$72 - Ex Phys code 202
 Pension card holders receive \$10 off

Your link to lifelong health

