

Group Fitness Timetable | Semester Two 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GOOD MORNING MUSCLES		<p>Yoga 6:00am - 7:30am</p> <p>Clinical Exercises 8:00am - 8:40am</p> <p>Clinical Exercises 8:40am - 9:20am</p> <p>Clinical Exercises 9:20am - 10:00am</p>		<p>Clinical Exercises 9:30am - 11:10am</p>	<p>Clinical Exercises 7:30am - 8:10am</p> <p>Clinical Exercises 8:10am - 8:50am</p> <p>Clinical Exercises 9:00am - 9:40am</p> <p>Clinical Exercises 9:40am - 10:20am</p>
WINNING ON YOUR WELLBEING	<p>Supremos 2:10pm - 3:00pm</p>	<p>Pilates Circuit 10:15am - 11:00pm</p> <p>Tai Chi 11:30am - 12:15pm</p>	<p>Aquatic Therapy 12:00pm - 12:30pm</p> <p>Aquatic Therapy 12:30pm - 1:00pm</p>	<p>Balance Class 10:20am - 11:00am</p>	
EVENING ENLIVENED	<p>Yoga 6:30pm - 7:30pm</p>		<p>Yoga 4:00pm - 5:00pm</p> <p>Clinical Exercises 5:10pm - 5:50pm</p> <p>Clinical Exercises 5:50pm - 6:30pm</p>	<p>Clinical Exercises 4:40pm - 5:20pm</p> <p>Clinical Exercises 5:20pm - 6:00pm</p> <p>Mat Pilates 6:30pm - 7:30pm</p>	



#GETAPHSACTIVE

Have you thought about becoming a regular attendee of our clinical exercise classes? Join our Stripe membership to receive a permanent weekly class time, a cheaper rate and a free pair of grippy socks!

ARARAT PHYSIO & CO



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CLASS DESCRIPTIONS

YOGA



A variety of offerings are held at Ararat Physio with experienced yoga teachers from beginners yoga through to advanced styles.

INSTRUCTOR
Physiotherapist - Kylie Plunkett

PILATES CIRCUIT



Equipment Based circuit class incorporating the use of the reformer, trapeze and other pilates equipment, recommended for those with some pilates knowledge.

INSTRUCTOR
Exercise Physiologist - Lisa Haddow

TAI CHI



An ancient Chinese practice embracing the mind, body and spirit. Suitable for anyone, Tai Chi encourages movement in a safe, controlled manner. Scientifically proven to improve joint movement and balance.

INSTRUCTOR
Exercise Physiologist - Lisa Haddow

SUPREMOS



Class designed for women over 55 targeting strength, balance and stability

INSTRUCTOR
Physiotherapist - Kylie Plunkett

AQUATIC THERAPY



A class using the properties of water to strengthen your body in a supportive way and using the smaller class dynamic to give you one on one time with the Practitioner to help with your health goals.

INSTRUCTOR
Physiotherapist - Abbie Bates

MAT PILATES



A dynamic, intermediate Pilates class for those who like to be challenged. Focussing on stability through movement, you will finish this class feeling stronger and more grounded.

INSTRUCTOR
Exercise Physiologist - Lisa Haddow

BALANCE CLASS



A class focussed on improving balance, strength and confidence in a fun and supportive environment. Perfect for people who are at risk of falls or those who have lost confidence on their feet.

INSTRUCTOR
Exercise Physiologist - Lisa Haddow

CLINICAL EXERCISES



These sessions are with a Physiotherapist or Exercise Physiologist with a ratio 1:4 so you'll receive all the motivation and support you need to reach your health and fitness goals. Our space is fitted out with a range of weights, pilates, balance and rehabilitation equipment.

HOW DO I BOOK IN

To book into a clinical session you **MUST** have had an initial assessment with a physiotherapist or exercise physiologist. This assessment will assess your problem/needs, create a treatment and curate your exercises around your personal goals. Group classes can be booked either over the phone or via our website, they do not need an initial Assessment

WE REQUIRE PRE-PAYMENT FOR CLINICAL CLASSES

Payment Options are:

- pre-book and pay one class at a time \$42
 - Stripe Subscription \$35 - a continuous booking until the direct debit is cancelled - terms and conditions apply
- We Require 48 hours' notice for all class cancellations. cancellations can either be done by phoning the clinic, leaving a message or even email!