

# Group Fitness Timetable | Semester Two 2024

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



FOR UPDATES, WEBSITES, AND OTHER COOL STUFF SCAN HERE!

## #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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# Group Fitness Timetable

# CLASS DESCRIPTIONS

## YOGA



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

### INSTRUCTOR

Angela Hunt, Zaiga Watts, Liss Birty

## 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

Exercise Physiologist - Lisa Haddow

## AQUATIC THERAPY



A class using the properties of water to strengthen your body in a supportive way and using the individual 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
  - 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!