

GROUP EXERCISE CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
6:00am		THERAPEUTIC INTERMED YOGA with Kylie		
10:40am				BALANCE CLASS With Lisa
11:15am		PILATES CIRCUIT With Lisa		
12:00pm			AQUATIC CLINICAL With Ifrah	
12:30pm			AQUATIC CLASS With Ifrah	
1:00pm		TAI CHI With Lisa		
2:10pm	SUPREMOS MAT With Kylie			
4:00pm			THERAPEUTIC YOGA With Kylie	
6:30pm	THERAPEUTIC YOGA With Kylie			MAT PILATES With Lisa

✂✂ PILATES CIRCUIT - \$40
 ✂✂ MAT PILATES - \$20
 ✂✂ BALANCE CLASS - \$15

✂✂ AQUATIC CLINICAL - \$40 / AQUATIC CLASS - \$20
 ✂✂ SUPREMOS MAT CLASS - \$15
 ✂✂ TAI CHI - \$15

✂✂ THERAPEUTIC YOGA CLASS / THERAPEUTIC INTERMED YOGA - \$20
 ✂✂ PURCHASE A 10 CLASS "CLASS PASS" - \$180 FOR YOGA/PILATES.
 \$120 FOR FOUNDATION YOGA/TAI CHI/BALANCE/SUPREMOS'S

GROUP EXERCISE CLASS INFO

HOW DO I BOOK IN?

To book into these sessions you MUST have had an initial assessment with a Physiotherapist or Exercise Physiologist. This assessment will assess your problem/needs, create a treatment plan and curate your exercises around your personal goals.

WE REQUIRE PRE-PAYMENT FOR ALL CLASSES

Payment options are:

✂✂ Pre-book & pay one class at a time
Pay in the clinic (EFTPOS/Credit Card/Cash) or over the phone using your Credit Card
Book via our website www.aphs.net.au and pay through the online booking platform (Stripe)

WHAT IF I NEED TO CANCEL MY APPOINTMENT?

We require you to give 24 hours' notice so we can refund you the full amount.

If you are unwell or have any mild cold/flu symptoms, please cancel your booking and we will also fully refund you.

PLEASE NOTE that Class cancellations with less than 24 hours' notice, will not receive a refund.