

KIDS ONLINE EXERCISE CLASSES DESCRIPTIONS & INSTRUCTORS.

PHYSIO P.E. (JOHN, BEC)

This interactive and fun class is targeted to children between the ages of 5 and 11 (although everyone is welcome to give it a try!). Based on research of childhood milestones and the principles of athletic development, this class looks to develop your child's strength, coordination, balance and fitness. Development of key movement strategies including squatting, running and jumping, along with building core strength, will not only reduce injury risk but also improve performance and skill. If your child has a current injury or health issues please contact our team to check whether this session is appropriate. No equipment is required for this session, just a positive attitude and willingness to work hard.

PHYSIO P.E. TEENS (TASH)

Get ready to work hard and sweat. This session is a full body workout looking to develop strength and stability through the major muscle groups and joints, as well as getting your heart rate up to work your cardiovascular system. These classes have been developed by our team of physiotherapists and Strength & Conditioning coaches to deliver a fun, effective and interactive session. This class is appropriate for active 11 – 16 year old's. If your child has a current injury or health issues please contact our team to check whether this session is appropriate. No equipment is required, just a positive attitude and willingness to work hard.

TEENS PILATES (JACQUI)

Our Teens Pilates classes are carefully designed by our physiotherapists to guide young bodies through a range of stretches and body weight exercises to help develop core strength, flexibility and fundamental movement patterns used in life. In this live format, our skilled physiotherapists give feedback to participants to help adjust and develop technique for a safe and effective workout. This class is appropriate for 11 to 16 year old's. If your child has a current injury or health issues please contact our team to check whether this session is appropriate. No equipment is required.

ADULT ONLINE EXERCISE CLASSES DESCRIPTIONS & INSTRUCTORS

PILATES FUNDAMENTALS (JOHN, JACQUI, BEC)

Our Pilates Fundamentals classes are carefully designed by our physiotherapists to guide you through a range of stretches and body weight exercises from the comfort of your own home. Developed for those who are new to Pilates or prefer a technique focused session, this class aims to build your foundation in the fundamental movement patterns of Pilates, as well as, improve your core strength, posture and flexibility. In this live format, our skilled physiotherapists can give feedback on your performance and adjust your technique to ensure that you are continually developing your Pilates practice. This class is appropriate for all ages and levels of ability. If you have a current injury or health issues please contact our team to check whether this session is appropriate for you. No equipment is required.

TO BOOK IN FOR YOUR ONLINE EXERCISE CLASS PLEASE CALL 95969110.

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DYNAMIC PILATES (TASH, JACQUI, KY)

Join us for a 45-minute full body workout to challenge your core, build your gluts, improve your posture, and enhance your flexibility. In this live format, our skilled physiotherapists can feedback on your performance and adjust your technique as we go, creating a dynamic class for all participants, whether you are new to Pilates or have years of experience. This class is appropriate for all ages and levels of ability. If you have a current injury or health issues please contact our team to check whether this session is appropriate for you. No equipment is required.

S & C (JOHN, TASH, KY)

Get ready to work hard and sweat. This session is a full body workout looking to develop strength and stability through the major muscle groups and joints, as well as getting your heart rate up to work your cardiovascular system. These classes have been developed by our team of physiotherapists and Strength & Conditioning coaches to bring you a fun, effective and interactive session. This class is appropriate for all ages and levels of ability. If you have a current injury or health issues please contact our team to check whether this session is appropriate for you. No equipment is required, just a positive attitude and willingness to work hard.

STRETCH & RELEASE (JOHN, JACQUI, KY, BEC)

A class designed to help you work out your body's tight and stiff areas and improve your flexibility and wellbeing. Whether due to your exercise schedule, working from home or just general stress, join us for a 45 minute session to leave feeling refreshed and ready for your next challenge. This class is appropriate for all ages and levels of ability. If you have a current injury or health issues please contact our team to check whether this session is appropriate for you. A foam roller and spikey ball are useful for this class – if you require one please contact reception to organise for us to organise delivery.

FIT FOR GOLF (STEVE)

A class designed for golfers by Physiosports' director and Titleist Performance Institute Accredited Physiotherapist Steve Whytcross. This 45-minute session aims to improve your flexibility and strength in the key areas required for optimal golf performance ensuring you are ready to play when the courses reopen. Improve your strength, balance and flexibility, while reducing risk of injury, and possibly pick up a few metres of distance along the way. This class is appropriate for golfers of all levels and abilities. If you have a current injury or health issues please contact our team to check whether this session is appropriate for you. No equipment is required although a foam roller and massage ball may be used if available to you.

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1:1 EXERCISE SESSION

This is an individual online session run with one of our physiotherapists to help build your skill and confidence ensuring your safety and competence when exercising. This session can be used to design a bespoke program for your own goals or to train you in the key movements from one of our online classes. Because this is an individual session it can be organised to match your schedule during our operating hours and is not part of the online class timetable. If you are injured, have pain or are new to exercise we recommend that you start with this session before jumping into one of our online classes. No equipment is required. This session may be eligible for private health rebates as a Physiotherapy Telehealth consult with your insurer. To book in for a 1:1 Exercise Session please call reception now on 9596 9110.

TO BOOK IN FOR YOUR ONLINE EXERCISE CLASS PLEASE CALL 95969110.