

Fresh Start

PROFESSIONAL HEALTHCARE

Group Classes

NOVEMBER 19

CLASS:	MON	TUE	WED	THU	FRI	NOTES:
HYDRO EXERCISE CLASS <i>Held at Gatton Pool</i>	11.15am-12.15pm 5.40pm-6.40pm	11.15am-12.15pm	11.45am-12.45pm 1pm-2pm	1.45pm-2.45pm	7.45am-8.45am 2pm-3pm	
CIRCUIT RECHARGE CLASS <i>Held at 12 William Street Gatton</i>	11.15am-12.15pm 5.40pm-6.40pm	11.15am-12.15pm	11.45am-12.45pm 1pm-2pm	1.45pm-2.45pm	7.45am-8.45am 2pm-3pm	
LENGTHEN & STRENGTH CLASS <i>Held at 12 William Street Gatton</i>	11.15am-12.15pm 5.40pm-6.40pm					
HYDRO EXERCISE CLASS			11.45am-12.45pm 1pm-2pm	1.45pm-2.45pm	7.45am-8.45am 2pm-3pm	
	11.15am-12.15pm 5.40pm-6.40pm	11.15am-12.15pm	11.45am-12.45pm 1pm-2pm	1.45pm-2.45pm	7.45am-8.45am 2pm-3pm	

SAMPLE

late notice/no shows - Please kindly give at least 24hrs notice for changes or cancellations. A class will be forfeited or a \$15 cancellation fee will apply for late notice or no shows. No exceptions.

Bulk Billed

*Medicare funds our Hydro & Circuit Recharge Classes for eligible participants who have Type II Diabetes.
*A valid Type II Diabetes Referral is required from your GP.

Includes: Up to 8 x Hydro or Circuit Recharge Classes

Prices

1 x 60min Class = \$16.50ea
or
Package Deal* (Save \$6):
\$60 = 4 x 60min classes (\$15 per class)
*Package Deal must be paid upfront

Funded

*The PHN funds our Hydro & Circuit Recharge Classes for eligible participants.
*A valid PHN referral is required from your GP.

Includes: 4 x Hydro & 4 x Circuit Recharge Classes

Hydro Exercise Class

These classes are specially designed and delivered by an Accredited Exercise Physiologist. Programs cater for individuals with pain, injuries, chronic diseases and conditions, Type II Diabetes, and more.

These classes help with:

- Pain Management & Pain Reduction
- Strengthening
- Cardiovascular Health
- Weight Loss Management
- Falls Prevention, Balance, & Co-ordination
- Type II Diabetes Management

**Strictly limited to 10 people per class.
Book in now!**

Wear comfortable clothing for aquatic exercise and bring a water bottle

Circuit Recharge Class

Fire Up with Fresh Start's "CIRCUIT RECHARGE" Exercise Class!!

Recharge yourself and your energy!

These classes are specially designed and delivered by an Accredited Exercise Physiologist.

Exercises include Cardiovascular, Strengthening, Toning, Balance, Flexibility, and aid in Weight Loss and Type II Diabetes Management.

We modify classes for those with pain!

Wear comfortable clothing for aquatic exercise and bring a water bottle

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Lengthen & Strengthen

A mat Pilates inspired exercise class for participants. It consists of a series of exercises designed to lengthen and strengthen the body.

- Increase Flexibility
- Falls Prevention and Balance Improvements
- Decrease Chronic Pain
- Relaxation and Stress Management

Bring a water bottle, towel, Pilates/Exercise Mat (optional) & socks (optional)

Class numbers are capped to offer a personalised and safe exercise experience

SAMPLE

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