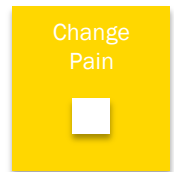
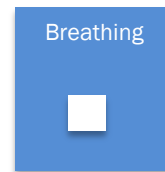
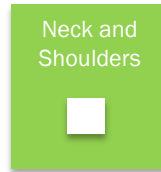
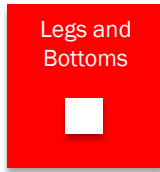
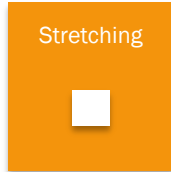
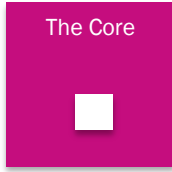
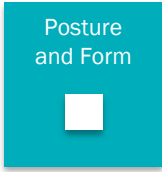
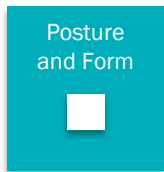


Name _____

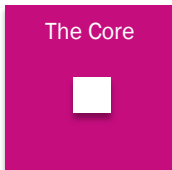
What we recommend for you....



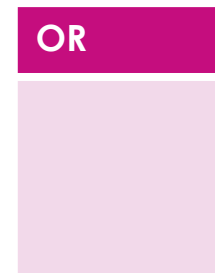
When are they on....



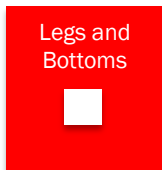
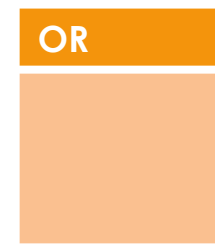
POSTURE AND FORM	time	day	date	week	
	day	12.45pm	fri	Jan 31	Week 1
	sat	11.30am	sat	Feb 15	Week 3
	day	11.45am	mon	Feb 24	Week 5
	sat	11.30am	sat	March 7	Week 6
	pm	5.00pm	tues	March 17	Week 8



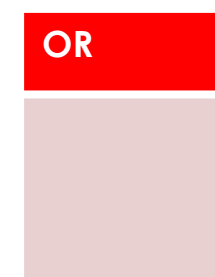
THE CORE	time	Day	date	week	
	pm	5.00pm	tues	Jan 28	Week 1
	day	12.45pm	mon	Feb 10	Week 3
	am	7.00am	thurs	Feb 27	Week 5
	sat	11.30am	sat	March 14	Week 7
	day	12.45pm	mon	March 23	Week 9



STRETCHING	time	day	date	week	
	am	7.00am	thurs	Feb 2	Week 2
	day	12.45pm	fri	Feb 21	Week 4
	day	12.45pm	mon	March 2	Week 6
	am	7.00am	thurs	March 26	Week 9




LEGS AND BOTTOM	time	day	date	week	
	day	11.45am	mon	Feb 3	Week 2
	pm	5.00pm	tues	Feb 18	Week 4
	pm	5.00pm	tues	March 3	Week 6
	day	12.45pm	fri	March 20	Week 8
	am	7.00am	thurs	April 2	Week 10



Name _____

Neck and
Shoulders




NECKS AND SHOULDERS		time	day	date	week
	am	7.00am	thurs	March 12	Week 7
	sat	11.30am	sat	April 4	Week 10

OR




Breathing




BREATHING		time	day	date	week
	am	7.30am	mon	April 6	Week 11

OR

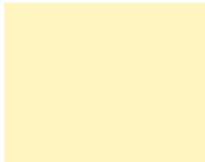


Change
Pain



CHANGE PAIN		time	day	date	week
	day	11.45am	mon	April 6	Week 11

OR



Appointments with your physio:

- this week
- next week
- weekly for _____ weeks
- in 2 weeks
- in _____ weeks
- week _____ of your next class

Other resources to
consider:

WILLOUGHBY STUDIOS

Suites 14 and 17, 77 Penshurst Street
Willoughby NSW 2068

P: 02 9958 2239

E: willoughby@physiocise.com.au

MOORE PARK STUDIOS

Building 207 Shop 2A, The Entertainment Quarter
122 Lang Road, Moore Park, NSW 2021

P: 02 8356 9666

E: moorepark@physiocise.com.au