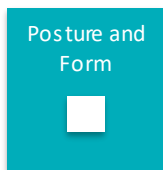


Name \_\_\_\_\_

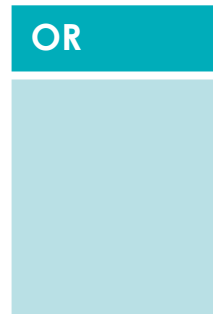
## What we recommend for you....



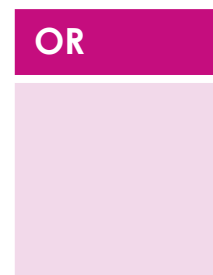
## When are they on....



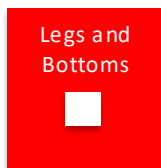
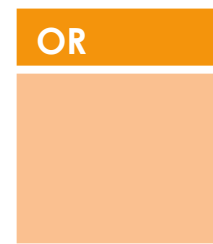
POSTURE AND FORM		time	day	date	week
	day	1.45pm	tues	Jan 28	Week 1
	am	7.30am	thurs	Feb 13	Week 3
	day	1.45pm	wed	Feb 26	Week 5
	sat	11.15am	sat	March 7	Week 6
	day	12.30pm	fri	March 20	Week 8



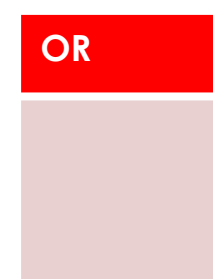
THE CORE		time	Day	date	week
	am	7.30am	thurs	Jan 30	Week 1
	day	12.30pm	fri	Feb 14	Week 3
	am	7.30am	thurs	Feb 27	Week 5
	day	1.45pm	tues	March 10	Week 7
	sat	11.15am	sat	March 28	Week 9



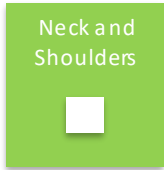
STRETCHING		time	day	date	week
	sat	11.15am	sat	Feb 8	Week 2
	day	1.45pm	tues	Feb 18	Week 4
	day	12.30pm	fri	March 6	Week 6
	day	1.45pm	tues	March 24	Week 9



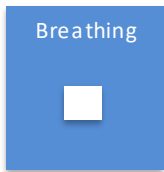
LEGS AND BOTTOM		time	day	date	week
	day	1.45pm	wed	Feb 5	Week 2
	sat	11.15am	sat	Feb 22	Week 4
	am	7.30am	thurs	March 5	Week 6
	am	7.30am	thurs	March 19	Week 8
	day	12.30pm	fri	April 3	Week 10



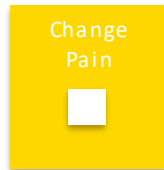
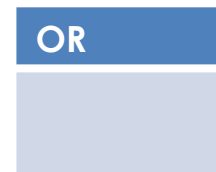
Name \_\_\_\_\_



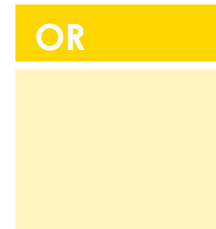
NECKS AND SHOULDERS		time	day	date	week
	am	7.30am	thurs	March 12	Week 7
	day	1.45pm	wed	April 1	Week 10



BREATHING		time	day	date	week
	am	7.30am	thurs	April 9	Week 11



CHANGE PAIN		time	day	date	week
	day	12.30pm	fri	March 27	Week 9



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: