

2019 SUMMER HOLIDAY CLASSES

www.physiocise.com.au

physiociseTM
your **BODY** your **LIFE**

FASTTRACK FOUNDATIONS



If you have been meaning to start a program with us, these January "Fast track" sessions may be just the thing for you.

For new Physiocise clients, or for existing clients who want a refresher on the basics of the Physiocise model.

To start, **book an assessment** with one of our fabulous physios.

WILLOUGHBY

Mon 14 Jan - Fri 18 Jan 6.00pm-7.00pm
Mon 21 Jan - Fri 25 Jan 9.30am-10.30am

HOLIDAY CLASSES



Need to reboot your brain and your body after the Christmas break? Our holiday classes will keep you on track until the start of Term 1.

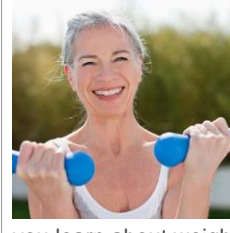
COST: \$35
WILLOUGHBY

Thu 10 Jan 10.30am-11.30am
Mon 14 Jan 6.30pm-7.30pm
Thu 17 Jan 9.30am-10.30am
Mon 21 Jan 10.30am-11.30am

MOORE PARK

Mon 14 Jan 7.30am-8.30am
Tue 15 Jan 9.15am-10.15am
Mon 21 Jan 7.30am-8.30am
Tue 22 Jan 10.30am-11.30am
Wed 23 Jan 6.00pm-7.00pm

INTRO TO STRONG BONES



Ready to get stronger and prevent falls, but don't know where to start? Trial our hugely popular Strong Bones class – this introductory 1-hour class will help

you learn about weights, and what exercises will build your balance, strength and support your bone density.

COST: \$35

WILLOUGHBY

INTRO TO SB:
Tues 15 Jan
6.00pm-7.00pm

STRONG BONES 2:

Thu 10 Jan
11.00am-12.00pm
Thu 17 Jan
9.30am-10.30am

MOORE PARK

INTRO TO SB:
Wed 16 Jan
10.00am-11.00am

Tue 22 Jan

9.30am-10.30am

STRONG BONES 2:

Wed 16 Jan
11.00am-12.00pm

OSTEOARTHRITIS WORKSHOP



Do you have osteoarthritis of the knees or hips (or any joint for that matter) and want to learn more about the condition? This 90-minute workshop will bring you up to date and give you proven strategies to help reduce symptoms and improve function.

This term our team spent time delving into the latest research and very best practice in osteoarthritis management and treatment – all the way from Denmark!

Good Life with Arthritis Denmark - GLA:D is a combination of education and exercise - right up our alley!

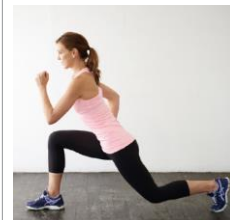
Challenging many long held beliefs about arthritis and how we should manage it, GLA:D is about empowering you with up to date information and tools to take control. With excellent results in Denmark and Canada, this workshop will introduce some of the concepts covered in the program and get you started on the basics.

For anyone with Osteoarthritis of hips, knees or any joint!

COST: \$55

WILLOUGHBY STUDIO 3 Wed 23 Jan 9.00am-10.30am with Melinda

INTRO TO CORE BURN



For those who have not yet tried our Core Burn class, this 1-hour will be full of abdominal and pelvic floor strength, as well as a whole body workout!

COST: \$35

WILLOUGHBY

Tue 22 Jan 10.30am-11.30am

MOORE PARK

Fri 11 Jan 9.30am-10.30am

CORE BURN CLASS FOR EXISTING CLIENTS

Fri 18 Jan 9.30am-10.30am

SIGN UP FOR TERM 1 2019

Term 1 2019 starts Tue 29 January.

Think you need to progress to an advanced class?

Maybe like to do a second class?

Or interested in our new Strong Bones class?

Classes are filling fast, so book early to take advantage of the new classes in the peak times.

MORE INFO OR TO BOOK A CLASS

WILLOUGHBY STUDIO

(02) 9958 2239

willoughby@physiocise.com.au

MOORE PARK STUDIO

(02) 8356 9666

moorepark@physiocise.com.au

TEENS WORKSHOP



Improve your posture, perform better at sport or simply get the kids off devices for the summer holidays! Our physio Jemma is full of great posture tips and strength challenges to inspire 9-year to 15-year olds how to maximise their own body's ability.

COST: \$55

WILLOUGHBY

Thu 24 Jan 10.30am-12pm