

# Exercise Physiology Group Exercise Timetable 2024

CLASS	MON	TUES	WEDS	THURS	FRI
<b>Exercise Therapy</b> Individualised programs in a small group setting (maximum 6 people)	4-5pm	9-10am 11-12pm	8- 9am 12-1pm		7.30-8.30 am 8 -9am
<b>Falls Prevention</b> Strength and balance class Suitable for the over 70s who may be at risk of falling.			11am-12pm		
<b>Stronger for Longer</b> Exercise class designed to improve muscle and bone strength as well as balance		10-11am	10-11am		9-10am
<b>Staying Active (Men only)</b> Over 50s strength and fitness class	9-10am			9-10am	

Class	Pre-requisite
Exercise Therapy	20 minute initial consultation and then one individual session with an Exercise Physiologist.
Stronger for Longer Falls Prevention Staying Active	20 minute initial consultation

Rebates are available from the following:

Medicare GP Chronic Disease Management care plan, DVA, NDIS, Private Health Insurance, Aged Care Funding

If you would like to book an initial consultation or class please contact Evolve Health:

Ph 42079960

For more information contact Julie Kinsey (Exercise Physiologist) on 0450 385 077 or email [julie.kinsey@outlook.com](mailto:julie.kinsey@outlook.com)

Move into Better Health

# Exercise Physiology

## Group Exercise Timetable 2024



live smart.  
**evolve**

38 Swan St, Wollongong, NSW