



Term 4 Class Timetable

Start 8th October 2013

1 Gibbons St
OATLANDS NSW 2117
Ph:02 9890 9009
Fax:02 9890 9006

Shop 47
Macquarie Shopping
Centre
NORTH RYDE NSW
2113
Ph:02 9888 7002

ASK YOUR PHYSIO ABOUT WHICH CLASS IS BEST FOR YOU!

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Start - # weeks	14 Oct - 8 weeks	8 Oct - 9 weeks	9 Oct - 9 weeks	10 Oct - 9 weeks	11 Oct - 9 weeks
9:30-10:30am				Oatlands Gentle Pilates	
10:00-11:00am		Oatlands WISEmums			
12:45-1:45pm	Macquarie Gent/Inter Pilates				Macquarie Gent/Inter Pilates
5:30-6:30pm			Macquarie BackWISE 1		
6:00-7:00pm		Oatlands Intermed Pilates		Oatlands Intermed Pilates	
6:30-7:30pm	Oatlands Intermed/ Stretch		Macquarie Intermediate Pilates		
7:00-8:00pm		Oatlands BackWISE 1		Oatlands Advanced Pilates	

BackWISE Level 1 \$297.50 including manual - 9 weeks

Fundamentals of exercise and technique, providing a basis for the progression of exercises in a class environment. Gain a fundamental understanding of how your back works and how you can modify any exercise into a back friendly workout. Classes also show you how to make everyday activities back friendly and posture perfect.

BackWISE Level 2 / Introduction to Pilates \$270 for initial term, \$180 for subsequent terms - 9 weeks

With an understanding of the Essentials, mat work exercises are progressed safely with a continued emphasis on education, appropriate stretching and core stability. Building on the principles of safe exercise, gain an understanding of which exercises are most appropriate for their individual needs. Specialised equipment is introduced to further challenge the body for more

PilatesWISE Gentle \$270 for initial term, \$180 for subsequent terms - 9 weeks

A progression of BackWISE involving mat work exercises based on correct breathing, good posture and intense concentration. Exercises build progressively and movements are executed with control and precision with an emphasis on form rather than just strength and repetition.

WISEMums \$180 - 9 weeks

Pre and post natal classes for mums and babies are specifically designed to target abdominal separation and pelvic floor control, lymphatic drainage, as well as general strengthening.

PilatesWISE Intermediate / Advanced \$270 for initial term, \$180 for subsequent terms - 9 weeks

Gently stretch your body and improve your core stability whilst targeting posture, balance and proprioception through a series of exercises incorporating elements of both Pilates and Yoga. An emphasis on correct form and control continues with the use of specialised equipment to further challenge and progress the body's abilities.

Before attending any of our BackWISE or Pilates classes, we require all **NEW** clients to organise a personal session with a PhysioWISE consultant to assess your body and its limitations and also to learn correct techniques. Your consultant will then advise you as to the most appropriate class and level for your ability.

**For all enquiries call 9888 7002, visit one of our clinics or email
classes@physiowise.com.au**



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Class Terms & Conditions

- Physiotherapy Health Rebates **may** apply depending on your insurer and the level of your private health insurance cover. An invoice will be given during the term, please wait until after the last class to submit it.
- The fees do not include GST. However, GST is not applicable if you have been assessed at a PhysioWISE clinic prior to your first class.
- Classes can be paid as a term block or casual rate per class. The term block amount is not pro-rated for enrolments less than the full term. If enrolling in more than 5 weeks, it is still cheaper to pay the term block rather than casual rates.
- Enrolment cancellation fees - all requests must be received writing classes@physiowise.com.au:
 - Greater than 7 days before first day of term (full refund)
 - Less than 7 days before first day of term (10% admin fee)
 - Once term starts payments are non-refundable**
- Missed or unused classes are non-refundable.** A maximum of 2 make-up classes may be taken by the enrolled patient within the same term under the following circumstances;
 - At least 24 hours' notice is provided to PhysioWISE that you will be unable to attend
 - and**
 - There is space available in an equivalent session during the term
 - Pre-booking is essential for a make-up as maximum class numbers apply
 - Please consider make-ups as a luxury, not a right
- If you are interested in exercise classes and have an existing or past history of lower back or neck pain please consult your PhysioWISE therapist as to the safest and most appropriate class for you.
- For returning clients: To guarantee your spot in the same class as the previous term, an enrolment form must be received by PhysioWISE no later than **2 weeks prior to the start of term**. After this time, remaining spaces will be opened up to others.

For all enquiries please contact us on: classes@physiowise.com.au or 9888 7002

To return your completed enrolment form to PhysioWISE you can:

1. Drop it off at the Macquarie Centre or Oatlands clinic
2. Email: classes@physiowise.com.au
3. Fax to: 02 9888 7004
4. Post to: PhysioWISE classes

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North Ryde NSW 2113