

PAIN SLAYERS GRACEVILLE PHYSIO CLASS TIMETABLE

	Mon	Tue	Wed	Thu	Fri
9AM		Mobility & Balance for over 60's	Posture Strength & Stability		Physio Yoga
10AM	Posture Strength & Stability			Mobility & Balance for over 60's	
11AM			Post Natal Class		
6PM	Pre Natal Class		Physio Pilates	Physio Pilates	

Posture, Strength & Stability - This class focuses on enhancing posture, developing strength, improving stability and increasing flexibility.

Mobility & Balance for over 60's - This class works on improving your balance, increasing mobility and avoiding injuries and falls as you get older.

Physio Pilates - This physiotherapist lead pilates class ensures you are performing pilates exercises correctly to improve muscle strength and core stability whilst avoiding injury. These classes are run in 6 week blocks.

Pre Natal - This class involves core stability exercises, pelvic floor strengthening, safe stretches and mobility exercises suitable for all stages of pregnancy.

Post Natal - The aim of this class is to work on gently strengthening your posture, core and pelvic floor muscles without adding any extra stress to your body.

Physio Yoga - This Physio lead gentle stretch yoga class is designed to enhance your movement & improve flexibility.

FOR MORE DETAILS OR TO BOOK CALL 3278 1186

