

Burpengary
 1-3/5 North Shore Drive
 (07) 3888 6699



Group Exercise Timetable Starting 1st July 2023

	Class	Monday	Tuesday	Wednesday	Thursday	Friday
E.P Health	<u>Cardiac</u>	8:00am 11:00am	11:00am	8:00am	11:00am	11:00am
	<u>Lower Limb</u>	1:30pm				
	<u>Hydrotherapy</u>		12:15pm (Burpengary Aquatic Centre)		12:15pm (Burpengary Aquatic Centre)	
	<u>Strength and Balance</u>	12:00pm	10:00am	10:00am	10:00am	
	<u>Neuro Rehab</u>			12pm		12pm

Group Exercise Pricing

Class		Block Booking	Casual Rate	Health Fund Item Number
EP Health	Cardiac Rehab	\$150 - 16 classes	\$15 / Class	502 *Must undertake an initial assessment before commencing classes
	Lower Limb	-	\$15 / Class	502 *Must undertake an initial assessment before commencing classes
	Strength & Balance	-	\$15 / Class	502 *Must undertake an initial assessment before commencing classes
	Neuro Rehab	-	\$15 / Class	502 * Must undertake an initial assessment before commencing classes
	Hydrotherapy	-	\$15 / Class	502 - Pool entry fee to be paid separately by participant *Must undertake an initial assessment before commencing classes

*Initial assessment for Cardiac Rehab \$120 (1hr)- this is a one on one assessment to determine current health and fitness levels, to set goals and to develop your individual program.

*Initial assessment for Strength & Balance and Lower Limb \$65 (30min) - this is a short assessment to determine your suitability for these classes and includes two trial classes

*Loyalty cards are available where after ten classes, you get one for free.