

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



## Group Exercise Timetable: Starting 1st July 2024

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

## Group Exercise Pricing

Class		Block Booking	Casual Rate	Health Fund Item Number
EP Health	Cardiac Rehab	-	\$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	-	\$20 / 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, Neuro Rehab & Hydrotherapy \$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.