

GYM AVAILABILITY

Self-Managed Gym Membership holders may access the Clinic's main gym at the following times:

Mondays

8:00am—9:00am
12:00pm—12:30pm
1:30pm—2:00pm
3:00pm—4:00pm

Tuesdays

9:30am—11:00am
12:00pm—3:00pm
4:00pm—5:00pm

Wednesdays

7:30am—8:00am
12:00pm—2:00pm

Thursdays

8:30am—10:00am
12:00pm—1:00pm

Fridays

9:30am—11:00am
12:00pm—12:30pm
1:30pm—2:00pm
3:00pm—4:30pm

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At Victor Harbor Physiotherapy we offer a range of classes and programs:

REHAB AQUA

Sometimes exercise in water can be the perfect means for movement; the buoyancy of the water reduces stress on joints.

REHAB BALANCE

Feel steadier on your feet and increase your strength and balance.

REHAB FOCUS

A program tailored to your specific needs in a small group setting.

REHAB MEMBERSHIP

Self-managed access to our fully equipped gym.

REHAB NEURO

A program for those recovering from the affects of a stroke or other neurological conditions.

REHAB PILATES FLOOR

A floor based Pilates class which helps develop mobility, flexibility, body awareness, balance and strength.

REHAB OSTEO

A strength based program targeting bone health through loaded exercise.

REHAB YOGA PLUS

Yoga based exercises are a safe and gentle way to increase flexibility, improve body and core control and reduce stress.

To find out more, give us a call or visit our website, www.victorharbor.physio. We'd love to help!



Victor Physio
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REHAB MEMBERSHIP

GYM AVAILABILITY & CLASS TIMETABLE



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CLASS TIMETABLE 2020

Updated: Feb 2020

At Victor Harbor Physiotherapy we offer a range of classes and programs. If you would like to find out more about any of our classes, give us a call on 08 8552 2853 or visit our website, www.victorharbor.physio. We'd love to help!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30 AM	GYM CLOSED			Rehab Pilates Floor* With Emma Browne	Rehab Focus With Phil Doley
8:00 AM		Rehab Focus With Boyd Fitton			Rehab Focus With Boyd Fitton
8:30 AM			Rehab Focus With Declan Osborne		
9:00 AM	Rehab Focus With Natalie Gibbs	Vets Fitness With Peter Mueller			Vets Fitness With Peter Mueller
9:30 AM			Rehab Focus With Boyd Fitton		
10:00 AM	Rehab Neuro With Boyd Fitton	Rehab Yoga +* With Natalie Gibbs	Rehab Neuro With Boyd Fitton	Rehab Focus With Natalie Gibbs	
10:30 AM					
11:00 AM	Rehab GLAD With Boyd Fitton	Rehab GLAD With Phil Doley	Rehab GLAD With Boyd Fitton	Rehab GLAD With Phil Doley	Rehab Focus With Matt Dunbar
11:30 AM					
12:00 PM		Rehab Pilates Floor* With Phil Doley			
12:30 PM	Rehab Balance With Cory Stone				Rehab Balance With Natalie Gibbs
1:00 PM				Gym closed for Physio Professional Development	
1:30 PM					
2:00 PM	Rehab Aqua* With Natalie Gibbs	Rehab Focus With Peter Mueller		Rehab Balance With Natalie Gibbs	Rehab Aqua* With Cory Stone
2:30 PM			Rehab Focus With Cory Stone		Rehab Focus With Emma Browne
3:00 PM		Rehab Focus With Emma Browne		Rehab Osteo With Boyd Fitton	
3:30 PM			Rehab Osteo With Cory Stone		
4:00 PM	Rehab Osteo With Emma Browne		Rehab Focus With Phil Doley	Rehab Focus With Matt Dunbar	
4:30 PM					GYM CLOSED
5:00 PM	Rehab Focus With Phil Doley	Rehab Focus With Cory Stone	Rehab Focus With Emma Browne	Rehab Focus With Declan Osborne	
5:30 PM					
6:00 PM	GYM CLOSED	GYM CLOSED	GYM CLOSED	GYM CLOSED	

Classes marked with an asterisk (*) are not held in the Clinic's main gym. Rehab Pilates and Yoga classes are held in the Clinic's Pilates space (on site) and Rehab Aqua classes are held off site at the Fleurieu Aquatic Centre.