

# GYM AVAILABILITY

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

## **Mondays**

8:00am – 9:30am

12:30pm – 3:00pm

4pm- 5pm

## **Tuesdays**

10:30am – 11:30am

12:30pm – 2pm

## **Wednesdays**

8:30am – 9:30am

12:30pm – 2:00pm

## **Thursdays**

8:30am – 10:30am

12:30pm – 1:00pm

3:00pm – 5:00pm

## **Fridays**

10:30am – 11:30am

12:30 – 2:00pm

4:00pm – 4:30pm

## recover • rehab • prevent

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 GLAD**

A specialised program providing treatment for knee and hip arthritis in a small group setting.

### **REHAB MEMBERSHIP**

Self-managed access to our fully equipped gym.

### **REHAB NEURO**

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

### **REHAB PARKINSONS**

A specialised program designed to slow the progression of early stage Parkinson's Disease.

### **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.

To find out more, give us a call or visit our website,

[www.victorharbor.physio](http://www.victorharbor.physio)

We'd love to help!



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# REHAB MEMBERSHIP

GYM  
AVAILABILITY  
&  
CLASS  
TIMETABLE

# CLASS TIMETABLE 2022

Updated: 14 July 2022

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](http://www.victorharbor.physio). We'd love to help!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30 AM	GYM CLOSED	Rehab Focus with Phil	Rehab Focus with Tennille	Rehab Focus with Boyd	Rehab Osteo with Boyd
8:00 AM					Rehab Pilates Floor* with Georgia
8:30 AM		Vets Fitness with Peter			Vets Fitness with Peter
9:00 AM					
9:30 AM	Rehab Focus with Annabel	Rehab GLAD with Annabel	Rehab Osteo with Boyd		Rehab Focus with Boyd
10:00 AM				Rehab Pilates Floor* with Georgia	
10:30 AM	Rehab Neuro with Boyd		Rehab Focus with Boyd	Rehab Parkinsons with Cory	
11:00 AM					
11:30 AM	Rehab Balance with Cory		Rehab Focus with Tennille	Rehab Balance with Annabel	Rehab Balance with Tennille
12:00 PM		Rehab Pilates Floor* with Phil		Rehab Aqua* with Cory	
12:30 PM					
1:00 PM				Gym closed for Physio Professional Development	
1:30 PM					
2:00 PM	Rehab Aqua* with Annabel	Rehab Balance with Georgia	Rehab Focus with Cory	Rehab Focus with Annabel	Rehab Aqua* with Cory
2:30 PM					Rehab Focus with Annabel
3:00 PM	Rehab Focus with Phil	Rehab Focus with Tennille	Rehab Osteo with Cory		Rehab GLAD with Boyd
3:30 PM					
4:00 PM		Rehab Paeds with Sarah	Rehab Paeds with Annabel		
4:30 PM		Rehab Paeds with Tennille			
5:00 PM	Rehab Osteo with Georgia	Rehab Focus with Cory	Rehab Focus with Annabel	Rehab Focus with Georgia	GYM CLOSED
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.