

Rehab and Clinical Exercise Group Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:40 am		Clinic Exercise Group Isabel Thomas		Clinical Exercise Group Ella Henderson		
7:30 am		Body and Brain Rehab Isabel Thomas		Body and Brain Rehab Ella Henderson		
8:20 am	Independent Rehab	Independent Rehab	Independent Rehab	Independent Rehab	Independent Rehab	AHA Body and Brain Rehab Emma McDougal
9:10 am	Clinical Exercise Group Kelly Joyce	Clinical Exercise Group + Safe Haven Isabel Thomas	Clinical Exercise Group Ella Henderson	Clinical Exercise Group + Safe Haven Annemarie van der Meulen	Clinical Exercise Group Annemarie van der Meulen	Clinical Exercise Group Emma McDougal
10:00 am	Body and Brain Rehab Kelly Joyce		Clinical Exercise Group + Safe Haven Ella Henderson	Body and Brain Rehab Annemarie van der Meulen	Body and Brain Rehab Annemarie van der Meulen	
10:30 am					Hydrotherapy Warragul Leisure Centre Riley Hamilton	
11:00 am		Body and Brain Rehab Isabel Thomas	Body and Brain Rehab Ella Henderson	Body and Brain Rehab Annemarie van der Meulen	Body and Brain Rehab Annemarie van der Meulen	
11:00 am		Hydrotherapy Warragul Leisure Centre Riley Hamilton				
12 noon	Independent Rehab	Independent Rehab (11:45am)		Independent Rehab	Independent Rehab (11:45am)	
1:15 pm					Body and Brain Rehab Richard Biss	
2:00 pm	Body and Brain Rehab Richard Biss	Body and Brain Rehab Riley Hamilton	Body and Brain Rehab Richard Biss	Body and Brain Rehab Richard Biss	Body and Brain Rehab Richard Biss	
2:45pm	Body and Brain Rehab Richard Biss					
5:10 pm		Body and Brain Rehab Ella Henderson	Clinical Exercise Group Riley Hamilton	Body and Brain Rehab Helen Lowe		
6:00 pm	Body and Brain Rehab Riley Hamilton	Clinical Exercise Group Ella Henderson	Body and Brain Rehab Riley Hamilton	Body and Brain Rehab Helen Lowe		
6:50 pm	Clinical Exercise Group Isabel Thomas	Body and Brain Rehab Ella Henderson		Clinical Exercise Group Helen Lowe		

To book classes:

Clinic and Class Location:

Information on Group Exercise

Clinical Exercise Group

Individualised levels - the perfect exercise for:

- Improving posture
- Strengthening core
- Pelvic Floor Rehab
- Pregnancy and birth preparation
- Postnatal recovery



Body and Brain Rehab

Rehabilitation exercises specifically and uniquely prescribed for your goals of:

- Back Pain Management
- Neurological Rehab
- Chronic Pain Management
- Post-Op Rehab
- Injury/Pain Rehab

3 patients : 1 Physio



**Through
Life
Physiotherapy**

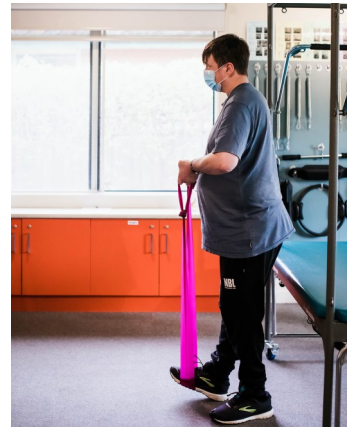
Caring | Empowering | Achieving

Independent Rehab

(Physio must approve)

The ideal exercise for those who:

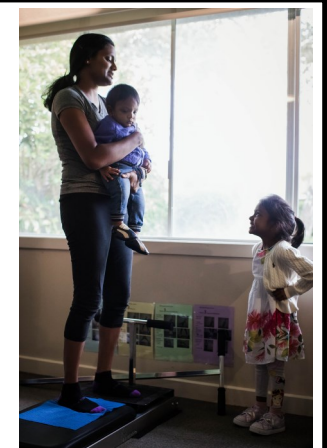
- Have mastered a Rehab program
- Live with chronic pain
- Have a long term health condition
- Love exercising on Clinical Pilates equipment



Safe Haven

- Free at selected Clinical Exercise Groups.
- Exercise together when your child needs to connect with you.
- A wonderful play space for your child.
- We care for your children while you exercise.
- Parents remain responsible for changing nappies and taking children to the toilet.

Please note, anyone is welcome to attend these classes



Helen Lowe
Physio



Kelly Joyce
Physio



Richard Biss
Physio



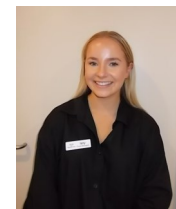
Annemarie van der
Meulen - Physio



Riley Hamilton
Physio



Ella Henderson
Physio



Isabel Thomas
Physio



Ilona Adebahr
AHA



Bella Fraser
AHA



Emma McDougal
Physio Cadet

To book classes:

Call: 5623 3306 Online: www.throughlifephysio.com.au

Clinic and Class location:

100 Brandy Creek Road Warragul