

# Physio with Exercise and Pilates Timetable 2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am			Reformer Vanessa	Reformer Vanessa	Reformer Vanessa	Reformer Vanessa
7:00am	Reformer Vanessa	Reformer Vanessa	Reformer Vanessa	Reformer Vanessa	Reformer Vanessa	Reformer Vanessa
8:00am	Physio w/ Exercise Rocio	1:1 with Sue	Reformer Vanessa	Physio w/ Exercise Ramona	1:1 with Vanessa	Physio w/Exercise Sue
9:00am	Physio w/ Exercise Rocio	1:1 with Sue	Physio w/Exercise Sue	Physio w/ Exercise Ramona	1:1 with Vanessa	Physio w/Exercise Sue
10:00am	Physio w/ Exercise Rocio	1:1 with Sue	Physio w/Exercise Sue	Physio w/ Exercise Ramona	1:1 with Vanessa	Physio w/Exercise Sue
11:00am	Physio w/ Exercise Rocio	1:1 with Sue	Physio w/Exercise Sue	Physio w/ Exercise Ramona		Physio w/Exercise Sue
12:00pm	Physio w/ Exercise Rocio			Physio w/ Exercise Ramona	Reformer Vanessa	
12:30pm			Physio w/Exercise Sue			1:1 with Rocio
1:00pm	Physio w/ Exercise Rocio		Physio w/Exercise Sue	Physio w/ Exercise Ramona		1:1 with Rocio
1:30pm			Physio w/Exercise Sue			1:1 with Rocio
2:00pm	Physio w/ Exercise Rocio		1:1 with Nikky	Physio w/ Exercise Ramona		1:1 with Rocio
2:30pm			Physio w/Exercise Sue			1:1 with Rocio
3:00pm	Physio w/ Exercise Rocio		Physio w/ Exercise Nikky	1:1 with Ramona		Physio w/ Exercise Nikky
3:30pm						Physio w/ Exercise Nikky
4:00pm	1:1 with Rocio	Reformer Vanessa	Physio w/ Exercise Nikky	1:1 with Ramona	Reformer Jessica	Physio w/ Exercise Nikky
5:00pm		Reformer Vanessa	Physio w/ Exercise Nikky		Reformer Jessica	Physio w/ Exercise Nikky
6:00pm		Reformer Vanessa	Physio w/ Exercise Nikky		Reformer Jessica	Physio w/ Exercise Nikky
7:00pm		Reformer Vanessa			Reformer Jessica	

## About Pilates

Pilates is a system of body conditioning, designed to strengthen and lengthen the body's muscles with emphasis on reducing incidence of back pain and injury. Pilates helps tone and strengthen the muscles (including the stomach muscles, inner thighs and upper arms) without impact on your joints.

The Pilates Reformer is a machine that operates by way of springs and pulleys providing finely tuned exercise resistance that allows clients to work very precisely to develop good alignment, core strength, and flexibility. You can work out every muscle of your body with this one machine.

At XPilates we believe in keeping class sizes to an absolute minimum. This enables our experienced instructors and physios to spend important one on one time with each client to ensure all exercises are executed correctly, thus providing maximum benefit and eliminating the risk of injury.

## Pre-Class Assessment

Before commencing Pilates, you will need an assessment by one of our Physiotherapists. This assessment determines your suitability to the class, by flagging any potential health issues that may impact upon your ability to perform exercises safely.

Everyone is different; the Physiotherapist needs to assess your movement strategies in order to tailor a specific exercise program for you and your body.

## What to Wear and Bring

Socks are compulsory due to hygiene and safety. We recommend wearing gym suitable clothing with Grip Socks, to prevent slipping. Grip socks are available to purchase at reception for \$12. Please bring a towel and drink bottle for class.

## Class Options

*Physio with Exercise* classes are physio-led; applying clinically proven exercises in a hands-on environment.

*Reformer Pilates* classes are taken by qualified instructors, following the same principles, techniques and equipment as *Physio with Exercise* classes.

**Duration:** 1 hour  
**Class Size:** Maximum of 4 clients per class

## Class Fees

- ❖ Reformer Pilates - \$35
- ❖ Physio with Exercise - \$48
- ❖ 1:1 Physio with Exercise - \$120
- ❖ 1:1 with Pilates Instructor - \$80

We also offer discounted prepaid class packs which is a great option particularly if attending classes outside reception hours:

- ❖ Reformer Classes 5 / 10 Pack: \$160 / \$320
- ❖ Physio with Exercise Classes 5 / 10 Pack: \$225 / \$450 – packs with Physio will need to be completed before being able to claim sessions through your Private Health Fund.

Private Health Rebate applies on all *Physio with Exercise* classes Item #560 and *Physio 1:1 Session* Item #505

## Bookings & Payment Options

- *During reception hours*  
(7am- 6pm Mon-Fri & 7am-12pm Sat)  
Book & Pay at reception or via phone.
- *Outside of reception times*  
payment via Class Pack Purchase (preferred) or by Direct Deposit upon invoice.

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## Physio with Exercise and Pilates Timetable 2021

Effective from 10<sup>th</sup> May 2021

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