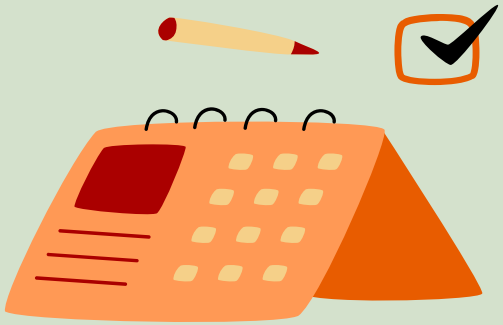
WHAT IS THE STRENGTH & BALANCE CLASS?

The strength and balance class is designed to help reduce the risk of falls by addressing lower limb weakness and balancing difficulties. Exercises will be tailored to your ability with support from our physiotherapists. The class helps older people to increase their ability to perform every day tasks and activities like washing, cleaning, shopping and going out with friends.

CLASS TIMETABLE

We have three classes currently running

Tuesday: 2:30pm
Friday: 10:00am



PHYSIO-WISE
Be Well...Stay Well

STRENGTH AND BALANCE CLASSES

Helping you stay independent

PRE-CLASS ASSESSMENT

Before you take part in your first class, you will need to book a 1:1 assessment. One of our physiotherapists will perform a comprehensive balance assessment to determine your balance ability. Once completed, exercises will be individually tailored to improve your strength and balance.

WHO IS THE CLASS FOR?

The class is most suitable for people over 70 years of age who are at risk of falling or who have had a fall. It's never too late to improve your strength and balance!

PAYMENT OPTIONS

We have two payment options available

FLEXIBLE BOOKING

This option allows you to book your classes around your commitments and allows for cancellations if you are unable to attend. The fee will be $36.00 per class and is paid upon attendance with private health rebates available. Our **loyalty program** where your 11th class is free is able to be used with this booking option.

BLOCK BOOKING

This option books you in for the entire month at a reduced rate of $30.00 per class. The full payment of all classes for the month is to be paid upfront and will be held as credit on your account. If you are unable to attend, you forfeit the $30.00 paid for that class. The loyalty program is not available for this booking option.

PRIVATE HEALTH REBATES

Private health rebates are available for the classes

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