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MACKSVILLE | BOWRAVILLE | NAMBUCCA HEADS



PHYSIOTHERAPY | PILATES | EXERCISE PHYSIOLOGY | DIETETICS | SPEECH PATHOLOGY | REMEDIAL MASSAGE | AUDIOLOGY | WOMENS & MENS HEALTH
 NHCaps | Medicare | Workers Compensation | Department Of Veterans Affairs | NDIS | Private Health | Motor Vehicle Accident Injuries | Aged Care | Home Visits | Work Place Health Assessments | Rehabilitation

Timetable Term 1 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00am		PILATES (Mat Work) (HHNH) Physiotherapist			
9.00am				PILATES (Mat Work) (HHNH) Physiotherapist	
		Rehab Group (Clinical Pilates) Bookings Essential Tamara Urquhart Physiotherapist			
9:30am	HYDROTHERAPY (MMAC) Physiotherapist		HYDROTHERAPY (MMAC) Physiotherapist		
4.30pm		PILATES (CLINIC) Physiotherapist	TEEN Exercise Class (CLINIC) Physiotherapist		
5:00pm			COMMUNITY PILATES (BCH) Physiotherapist		
5:30pm				CORE CHALLENGE Pilates (CLINIC) Physiotherapist	

Clinic & Gym=12 Cooper St Macksville, MMAC=Macksville Memorial Aquatic Centre (32a Cooper St)
 BCH=Bowraville Anglican Church (Young st, Bowraville),HHNH=Headland Hall Nambucca Heads,

PRICES: Please note that Hydrotherapy classes incur an addition \$2 pool entry fee per session.

CASUAL CLASSES	COMMUNITY PILATES	10-CLASS VALUE PACK (Includes Pilates, & Hydrotherapy)	HYDROTHERAPY
Pilates Incl Core Challenge - \$15 Teen Exercise Class \$5 Rehab Group - \$30	Gold coin donation	From \$100 - \$160 (\$10 - \$16 per class)	Casual class: \$18 Pool members \$16



We Are Pleased to Accept

