

2/12 Cooper St
 Macksville NSW 2447
 Ph. 02 6568 2185 Fax. 02 6568 3995
 Email. admin@soulitudehealth.com.au
 www.soulitudehealth.com.au
 ABN 80 587 678 075

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 3 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00am		PILATES (Mat Work) (HHNH) Justine Bowman Exercise Physiologist			
9.00am				PILATES (Mat Work) (HHNH) Tamara Urquhart Physiotherapist	
9:15am		Rehab Group (Clinical Pilates) Bookings Essential Tamara Urquhart Physiotherapist			
9:30am	HYDROTHERAPY (MMAC) Physiotherapist Bookings Essential		HYDROTHERAPY (MMAC) Physiotherapist Bookings Essential		
4.30pm		PILATES (CLINIC) Physiotherapist	TEEN Exercise Class (CLINIC) Physiotherapist		
5:30pm		Yoga (Clinic) Hannah – Solace		Pilates (CLINIC) Hanah – Solace	

Clinic & Gym=12 Cooper St Macksville, MMAC=Macksville Memorial Aquatic Centre (32a Cooper St)
 HHNH=Headland Hall Nambucca Heads

PRICES: Please note that Hydrotherapy classes incur an addition \$2.00 pool entry fee per session.

CASUAL CLASSES	10-CLASS VALUE PACK (Includes Pilates, & Hydrotherapy)	Solace Yoga and Pilates	HYDROTHERAPY
Pilates Incl Core Challenge - \$15 Private health Rebates available. Teen Exercise Class \$5 Rehab Group - \$30	From \$100 - \$180 (\$10 - \$18 per class) Private health Fund Rebates Available	Solace yoga works independently. Fee \$15 Cash Only	Casual class: \$20 Pool members \$18 All Hydrotherapy classes need to be booked prior to attendance.



We Are Pleased to Accept

