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MACKSVILLE | BOWRAVILLE | NAMBUCCA HEADS



PHYSIOTHERAPY | PILATES | EXERCISE PHYSIOLOGY | DIETETICS | SPEECH PATHOLOGY | REMEDIAL MASSAGE | AUDIOLOGY | WOMENS & MENS HEALTH
 Nicsaps | 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		
5:00pm				Core Challenge (CLINIC) Mihai Mittrache Physiotherapist	

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)	HYDROTHERAPY
Pilates Incl Core Challenge - \$15 Private health Rebates available. Teen Exercise Class \$5 Rehab Group - \$30	From \$100 - \$180 (\$10 - \$16 per class) Private health Fund Rebates Available	Casual class: \$20 Pool members \$18 All Hydrotherapy classes need to be booked prior to attendance.



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We Are Pleased to Accept

