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MACKSVILLE | BOWRAVILLE | NAMBUCCA HEADS



PHYSIOTHERAPY | PILATES | EXERCISE PHYSIOLOGY | DIETETICS | SPEECH PATHOLOGY | REMEDIAL MASSAGE | AUDIOLOGY | WOMENS & MENS HEALTH
 NDIS | 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 | | | | Core Challenge (CLINIC) Mihai Mitrache 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. |



AUSTRALIAN
PHYSIOTHERAPY
ASSOCIATION
Member



We Are Pleased to Accept

