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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 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00am		Core Strengthening (Mat Work) (HHNH) Justine Bowman Exercise Physiologist			
9.00am				Core Strengthening (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	Core Strengthening (Mat Work) (CLINIC) Physiotherapist Mihai Mitrache	Core Strengthening (Mat Work) (CLINIC) Physiotherapist Tamara Urquhart	TEEN Exercise Class (CLINIC)		

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 Core Strengthening & 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.



We Are Pleased to Accept

