

Class Timetable 2023



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 AM	Pilates Reformer (5) Macksville Clinic Tamara Physiotherapist				-
7:30AM			Reformer Pilates (3) Nambucca Clinic Olivia Physiotherapist		
7:45AM				Pilates Reformer (3) Nambucca Clinic Tamara Physiotherapist	-
8:45 AM			Reformer Pilates (3) Nambucca Clinic Olivia Physiotherapist		
9:00 AM		Rehab Class (5) Macksville Clinic Tamara Physiotherapist		Core Strengthening (20) Mat Work HHNH Tamara Physiotherapist	Bumps and Babes Pre and Post-natal Class Macksville Nadia EXERCISE Physiologist
9:00 AM		Core Strengthening (20) Mat Work HHNH Olivia Physiotherapist			
9:15AM			Rehab Class (5) Macksville Clinic Nadia EXERCISE Physiologist		
9:30 AM	Hydrotherapy (15) Macksville Aquatic Centre Nadia EXERCISE Physiologist		Hydrotherapy (15) Macksville Aquatic Centre Alex Physiotherapist		
10:00AM					Hydrotherapy (15) Macksville Aquatic Centre Sam Physiotherapist
10:15AM				Pilates Reformer (3) Nambucca Clinic Tamara Physiotherapist	
10.30AM		Functional Fitness Class (8) Macksville Clinic Alex Physiotherapist			
11:15 AM		Pilates Reformer (5) Macksville Clinic Olivia Physiotherapist			
11:30 AM				Pilates Reformer (3) Nambucca Clinic Tamara Physiotherapist	
12:30PM				Pilates Reformer (5) Macksville Clinic Olivia Physiotherapist	
2:30PM				Chair Yoga (8) Macksville Clinic Nadia EXERCISE Physiologist	
3:45PM			Junior Exercise Group Macksville Clinic Sam Physiotherapist		
4:30PM	Womens Hiit Group (8) Macksville Clinic Olivia Physiotherapist	Core Strengthening (10) Mat Work Macksville Clinic Tamara Physiotherapist	Teen Exercise Group (8) Macksville Clinic Sam Physiotherapist		
5:00PM				Reformer Pilates (5) Macksville Clinic Nadia EXERCISE Physiologist	
5:30PM	Reformer Pilates (5) Macksville Clinic Olivia Physiotherapist				

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Macksville Clinic - 12 Cooper St Macksville Nambucca Heads Clinic - 20 Liston Street Nambucca Heads HHHH=Headland Hall Nambucca Heads PTO – Terms and Conditions

CASUAL CLASSES	10-CLASS VALUE PACK (Core Strengthening and Personal Training* only)
Core Strengthening and Personal training class - \$15 Private health Rebates available. Teen Exercise Class - \$5 Rehab Group - \$30 Pilates Reformer - \$30 Personal Training Small Group- \$15 Hydrotherapy – \$22 Per Person Includes Pool Entry	From \$120 (\$12 per class) Private health Fund Rebates Available Pilates Reformer \$270 Block of 10 Private health Fund Rebates Available



Terms and Conditions

- Bookings are essential -All Classes must be booked Over the phone or Online
- Casual classes and memberships will need to be paid for up front, this can be done over the phone or online.
- Cancellation fees – Full Fee Applies for nonattendance of a booked class with less than 24 hours’ notice.
- Please use your own mat and towel

Blocks of 10 – Core Strengthening Class.

- Blocks of 10 will be available for purchase through the front desk.
- Blocks of 10 are \$120.
- Blocks of 10 will be valid for 6 months.

Blocks of 10 – Pilates Reformer .

- Blocks of 10 will be available for purchase through the front desk.
- Blocks of 10 are \$270.
- Blocks of 10 will be valid for 6 months.

Hydrotherapy

- Blocks of 10 will be available for purchase through the front desk.
- Blocks of 10 are \$200.
- Blocks of 10 will be valid for 6 months.