

# Class Timetable 2025



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 AM	Pilates Reformer (5) Macksville Clinic Tamara Physiotherapist				-
7:30AM		Pilates Reformer (3) Nambucca Clinic Sam Physiotherapist	Reformer Pilates (3) Nambucca Clinic Olivia Physiotherapist		Pilates Reformer (5) Macksville Clinic Sam Physiotherapist
7:45AM				Pilates Reformer (4) Nambucca Clinic Tamara Physiotherapist	-
8:30AM	Rehab Class (5) Macksville Clinic AHA Physiotherapist				
8:45 AM			Reformer Pilates (3) Nambucca Clinic Olivia Physiotherapist		
9:00 AM		Rehab Class (5) Macksville Clinic AHA Physiotherapist		Core Strengthening (20) Mat Work HHNH Tamara Physiotherapist	
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 Blake Smoothy Physiotherapist	Pilates Reformer (5) Macksville Clinic Olivia Physiotherapist	
10:00AM					Hydrotherapy (15) Macksville Aquatic Centre Sam Physiotherapist
10:15AM				Pilates Reformer (4) Nambucca Clinic Tamara Physiotherapist	
10.30AM		Functional Fitness Class (8) Macksville Clinic AHA Physiotherapist			
10:45am	Rehab Class (5) Macksville Clinic Nadia Adkins Exercise Physiologist				
11:15 AM		Pilates Reformer (5) Macksville Clinic Olivia Physiotherapist			
3:45PM			Junior Exercise Group Macksville Clinic AHA 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 AHA Physiotherapist		
5:00PM				Reformer Pilates (5) Macksville Clinic Nadia EXERCISE Physiologist	
5:30PM	Reformer Pilates (5) Macksville Clinic Olivia Physiotherapist				

## Class Timetable 2025

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

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 – \$25 Per Person Includes Pool Entry

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

### **Blocks of 10 – Pilates Reformer**

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

### **Hydrotherapy**

- Blocks of 10 sessions will be available for purchase through the front desk.
- Blocks of 10 sessions are \$220.
- Blocks of 10 sessions will be valid for 6 months.

We Are Pleased to Accept



AUSTRALIAN  
PHYSIOTHERAPY  
ASSOCIATION  
Member

