

EMBODY

CLINICAL EXERCISE CLASSES

We offer Clinical Exercise Classes to support you to feel your best. Before starting classes, you need a 1:1 appointment to be assessed for appropriate exercises and to develop personal goals to make an effective individualised program.

Your investment –

Exercise Prescription Initial (new patient)

50 mins

\$110 | \$100 concession/student (500)

Exercise Prescription Follow Up (existing patient)

40 mins

\$100 | \$90 concession/student (505)

1:3 Clinical Exercise Class

40 mins

\$30 (560)

CLASS SCHEDULE

Morning	Tuesday	Friday
	9:00 – 9:40am	9:00 – 9:40am
	9:40 – 10:20am	9:40 – 10:20am
	10:20 – 11:00am	10:20 – 11:00am
	11:00am – 11:40am	11:00am – 11:40am
Afternoon	Tuesday	Thursday
	3:20 – 4:00pm	3:20 – 4:00pm
	4:00 – 4:40pm	4:00 – 4:40pm
	4:40 – 5:20pm	4:40 – 5:20pm
	5:20 – 6:00pm	5:20 – 6:00pm

Classes run through the South Australian school terms.

Term 3 –

22nd July to 27th September

Term 4 –

14th October to 13th December

Embody Women's Health
2/1A Elizabeth Street
Mount Gambier SA 5290

p: 0468 767 881
e: hello@embodywh.com.au
w: embodywh.com.au