



# Wellness FOR WOMEN

## Exercising at

## SportsMed Subiaco

SportsMed Subiaco offers a variety of exercise options for all life stages and various conditions. The exercises are both land-based and water-based depending on your preference or needs and are supervised by physiotherapists.

### Land-based exercise:

#### Pilates

Pilates is undertaken using our dedicated clinical Pilates studio. Individual sessions are available both supervised and unsupervised; antenatal and postnatal; mums and bubs, and in the form of circuit classes. Participants are required to have an initial assessment with one of our physiotherapists initially.

#### Osteogym

Osteogym is held in our gym twice weekly, these circuit classes are designed for those wishing to maintain or improve their bone density and build or maintain strength. Participants are requested to have an initial assessment with one of our physiotherapists.

#### Cardiac Rehabilitation

These classes are for those diagnosed with cardiac risk factors or have had a cardiac event or surgery. They are held in the gym and include aerobic and resistance exercises. Participants are requested to have an initial assessment with our cardiac rehabilitation physiotherapist first.

#### G:LAD

G:LAD is a unique education and exercise program for anyone with hip and knee osteoarthritis. The program may also be suitable for mid to late stage rehabilitation after joint replacement. An assessment with one of our physiotherapists is required prior to attendance.

#### Yoga

Attendance at one of these sessions will complement your exercise regime by promoting flexibility, stress release and relaxation.

#### Casual memberships

For use in the gym, Pilates studio and pool at designated times. If you are not receiving physiotherapy treatment from one of our therapists, an assessment is required to enable development of an appropriate program.

Ask at reception or call today on **08 9382 9600**





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## Water-based exercise:

All pool-based exercise is undertaken using the hydrotherapy pool, which is heated to 31 degrees. This enables muscle relaxation and provides an environment for reduced weight-bearing exercise.

## Small supervised group classes

These sessions are designed to enable conditioning from an injury, before an operation and rehabilitation after an operation, and for those with persistent pain. Participants are supervised by a physiotherapist and are guided with individualised exercises. You will be required to have an initial assessment.

## Antenatal

This can be commenced after 12 weeks of pregnancy and requires a referral from your GP or obstetrician. The buoyancy effect of the water facilitates movement during this stage.

## Postnatal

These classes are for both parent and baby and can be commenced when the baby is 8 weeks old. The class consists of 25 minutes with parent and baby then a 20-minute break for settling baby. Mum can then exercise for 45 minutes while the baby is looked after poolside by a staff member.

## Women's Water Fitness

For any women who want to exercise in the water. This is a water aerobics class.

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[sportsmedsubiaco.com.au](https://sportsmedsubiaco.com.au)

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