



# Strength &

# Conditioning Classes

SportsMed Subiaco offer Strength and Conditioning Classes at our gym facilities.

These classes will give participants access to our gym facilities for 1 hour. The classes will be supervised by one of our highly trained and experienced physiotherapists.

Prior to joining the class, you will complete an initial assessment with our physiotherapists and be provided with an individualised strength program designed specifically for you.

## Who can take part in the classes?

The classes are suitable for all patients looking to make improvements in their strength. This ranges from athletes returning from injury and looking to improve performance to patients managing long term joint and muscular pain.

It is also ideal for people who have always wanted to gain gym experience, but are nervous about attending a gym unsupervised or completing exercises incorrectly.

Ask at reception or call today on [08 9382 9600](tel:0893829600)

## Important Information

A comprehensive initial assessment and individualised exercise program

### Cost

Initial assessment	\$135
Per class	\$45

- Private health fund rebates may apply
- EPC referral (Medicare rebates apply)

### Physio Supervision

Physio supervision of your exercises in a small group twice a week for 6 weeks. (12 sessions in total)

Monday	2pm-3pm 6pm-7pm
Wednesday	10am-11am
Thursday	6pm-7pm



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