

## GROUP EXERCISE CLASS TIMETABLE

Effective 19 November 2021

- More classes will be added as demand increases -

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>7:30AM</b>							
		7:45-8:15am		7:45-8:15am	7:45-8:15am		
		8:15-8:45am		8:15-8:45am	8:15-8:45am	8:15-8:45am	
		8:45-9:15am			8:45-9:15am	8:45-9:15am	
	9:15-9:45am	9:15-9:45am	9:15-9:45am	9:15-9:45am	9:15-9:45am	9:15-9:45am	
	9:45-10:15am		9:45-10:15am	9:45-10:15am	9:45-10:15am	9:45-10:15am	
	10:15-10:45am		10:15-10:45am	10:15-10:45am		10:15-10:45am	
			10:45-11.15am			10:45-11.15am	
<b>12.00PM</b>					12:15-12:45pm		
					12:45-1:15pm		
<b>5.00PM</b>	5:15-5:45pm	5:15-5:45pm	5:15-5:45pm	5:15-5:45pm			
	5:45-6:15pm	5:45-6:15pm	5:45-6:15pm	5:45-6:15pm			
	6:15-6:45pm	6:15-6:45pm	6:15-6:45pm	6:15-6:45pm			
	6:45-7:15pm		6:45-7:15pm	6:45-7:15pm			
	7:15-7.45pm						

*\*Please read the (COVID19) class protocols on the following page\**

**Packages:** 10 Visit passes are available to purchase at reception

Please note: **Cancellation fees do apply if you fail to attend or do not provide 24 hours notice.**

**All packages are non-refundable and are valid for 12 months from date of purchase.**

**Classes are subject to change due to unforeseen circumstances and number of class participants.**

## Group Exercise Classes – COVID19 Protocols

Due to the ongoing Coronavirus (COVID-19) situation, and to ensure the health and safety of all patients and staff, the following protocols must be adhered to for our Group Exercise Classes:

- Please remain 1.5m apart from other class participants and staff at all times.
- Class participants who are unvaccinated or not yet fully vaccinated are required to wear a P2 mask, which will be provided by the Clinic.
- Double vaccinated participants may remove their mask while exercising, but only when physical distancing requirements can be adhered to.
- Practitioners will wear P2 masks and can choose to wear safety glasses at any time.
- Access restrictions to ensure physical distancing:
  - Class times must be strictly adhered to. The Exercise Area can only be accessed during the time of your scheduled class. If you wish to warm up before class, perhaps go for a walk or run around the park, or ride your bike to class.
  - Participants will need to wait until they are invited into the Exercise Area by the supervising Physiotherapist.
- You must wipe down all equipment after each use. You will be provided with your own sanitiser spray bottle and paper towels to do so.
- In the last few minutes of each class please ensure all the equipment you have used has been sanitised. Please leave the equipment as you would like to find it. If you need assistance, please ask the supervising Physiotherapist.
- Please ask the attending Physiotherapist to rearrange any weights you need to adjust on the machines.
- Please ensure socks &/or shoes are worn at all times during your class.
- Please bring your own drink bottle to class. Water & cups will no longer be provided.
- Please bring a (electronic or printed) copy of your exercise program with you to each class. Individual programs will no longer be stored in the cabinet on site.
- Other Physiotherapists may be in the Exercise Area with individual patients for one-on-one appointments during class time. They will be adhering to the same physical distancing and sanitisation protocols.
- Please do not attend a class if you are unwell, awaiting test results, or have been exposed to COVID.
- If cancelling for any other reason, please note cancellation fees will still apply if you fail to attend or do not provide 24 hours notice.