

GROUP EXERCISE CLASS TIMETABLE

Effective 7 December 2020

- More classes will be added as demand increases -

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30AM							
		7:45-8:15am			7:45-8:15am		
		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	
	10:15-10:45am			10:15-10:45am			
12.00PM			12:15-12:45pm		12:15-12:45pm		
			12:45-1:15pm		12:45-1:15pm		
5.00PM	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			

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.

Return to Group Exercise Classes – COVID19 Protocols

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

We are incredibly pleased to be able to offer classes again and thank you in advance for your understanding and assistance with these new procedures.

- Please remain 1.5m apart from other class participants and staff at all times.
- Masks are recommended, but not mandatory, in Group Exercise Classes as physical distancing requirements can be adhered to in the area. Please Note: masks must still be worn in consults rooms, at reception and in waiting areas. Practitioners and staff are still required to wear a mask.
- 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.
 - We have introduced entry and exit only doors into the Exercise Area to assist in physical distancing and the flow of class participants.
 - Floor markings outside the Exercise Area will designate the waiting area for group exercise classes (adhering to physical distancing). Participants will need to wait until they are invited into the Exercise Area by the supervising Physiotherapist.
- There will be four reformers available and participants are to choose one they will use throughout the class (no moving between reformers).
- 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.
- 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.
- If you are feeling unwell please notify us and do not attend your class. Get a COVID-19 test at your nearest clinic and stay home, as required.
- 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.

Let's all enjoy being back in class!