



STURT ROAD
PHYSIO

CLASS TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30AM Equipment Joy		8:00AM Equipment Vicky			7:30AM Equipment Joy/Lea
9:30AM Equipment Joy	9:00AM Mat Kate	9:00AM PhysFit Lea	9:15AM Equipment Vicky	9:15AM Equipment Vicky	8:15AM PhysFit Joy/Lea
10:30AM Equipment Lea	10:15AM Equipment Vicky	9:45AM Equipment Joy	10:15AM Equipment Joy	10:15AM Equipment Vicky	9:15AM Equipment Joy/Penny
11:30AM Mat Kate	11:15AM Equipment Tyler	10:45AM Equipment Joy	11:15AM Equipment Joy	11:15AM Equipment Kate	10:15AM Equipment Joy/Penny
	2:00PM Falls Prevention Vicky	12:15PM Equipment Joy	12:15PM Equipment Joy	12:15PM Equipment Vicky	11:15AM Equipment Joy/Penny
	3:15PM Equipment Lea	2:15PM Equipment Tyler			
4:45PM Equipment Joy	4:15PM Equipment Kate		4:45PM Equipment Vicky		
5:45PM Equipment Joy	5:15PM PhysFit Lea	5:15PM Equipment Joy	5:45PM Equipment Lea		
6:45PM Equipment Kate		6:15PM Equipment Joy			





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CLASS INFORMATION

WHAT TYPE OF CLASS SHOULD I CHOOSE?

Equipment classes are best for people who have an injury or painful condition that needs an individualised program and support from the Equipment to assist the retraining of their muscles. If you choose to do Equipment classes you will require 3 x 1:1 sessions with one of our physiotherapists so that they can assess your movement and design a program to suit your needs. You can then go into any Equipment Class from our timetable.

Mat classes are for clients who want to do floor based Physiotherapy Exercise class to strengthen and do not have an injury which is currently in an acute phase. You will require a 1:1 session with one of our physiotherapists prior to beginning a mat class so that we can assess your pain or injuries, movement and current strength level and teach you the basic Physiotherapy Exercise principles and movements. Certain exercises will be modified to suit your particular needs.

PhysFit Classes focus on both cardiovascular fitness as well as functional strength training. The intensity and type of exercises can be tailored to suit each individual needs and goals. It is a 45-minute class involving a combination of functional upper body, lower body and core exercises. These exercises may be performed using your body weight or another form of resistance such as dumb bells, kettle bells, resistance bands, exercise balls, Physiotherapy Exercise equipment and more. The format of the sessions is circuit-based, with a great variety of different exercises to keep you challenged. Throughout the session you are guided and supervised closely by the Physiotherapist. They will ensure that you are performing the exercise safely and with the correct technique, and that you are achieving the aim of the exercise.

Falls Prevention Is balance and falling becoming an issue for you? Our Physiotherapist Vicky Langley runs weekly Falls Prevention classes with the aim of improving balance, general strength and co-ordination for Falls Prevention. All our Physiotherapists are also able to do 1:1 sessions with people and help devise a home program to work on balance.

MEMBERSHIP OPTIONS

CLASS	PASS	PRICE
Equipment Class Mat Class PhysFit	Single	\$40
	6 Session Pack (\$36 per class)	\$216
	12 Session Pack (\$34 per class)	\$408
Falls Prevention	Single	\$37
	6 Session Pack (\$34 per class)	\$204

By booking into a class you agree to the Terms & Conditions.

If you have any concerns about these terms, please call and speak to our friendly receptionists.

Kind Regards,

The Sturt Road Physio Team



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CLASS INFORMATION

PHYSIOTHERAPY EXERCISE CLASS TERMS AND CONDITIONS

PRIVATE HEALTH INSURANCE REBATES MAY APPLY TO OUR CLASSES

Enquire with your health insurance provider using code T560 for full details of your gap. You will receive a receipt from our receptionist each time you attend the class, and you can use this receipt to claim your benefit from your health fund either online or in person.

PHYSIOTHERAPY EXERCISE, PHYSFIT & FALLS PREVENTION

Please note that all packs/passes can only be used at the Sturt Road Physio, 7 Sturt Road, Brighton, SA 5048. Before attending any Sturt Road Physio Group Classes, you must be assessed by one of our physiotherapists and complete up to three 1:1 sessions with them. This enables us to identify any injuries and specific needs as well as to teach you the basic principles of Physiotherapy Exercise in a one to one setting.

Single Session Passes and 6/12 Packs

1. All passes and packs are valid for 1 year (365 days) and are activated on the date of purchase. Sessions are non-refundable and are not transferable between individuals and cannot be extended unless you are injured, in which case we will request a medical certificate. Extensions due to medical reasons must be requested before the expiry date.

Bookings, Attendance & Payment

1. A minimum of two people are required for a class to proceed. You will be contacted via text, phone or email should a class be cancelled. Please be aware classes are on a first come first serve basis.
2. You can book, switch and cancel your class and make payments through:
 - a. The Pogoza App on your phone
 - b. Our website at sturtroadphysio.com.au/pilates.
 - c. Calling our clinic on 8377 5222.
3. If a class you particularly want is fully booked please sign up for the waiting list. Due to our 8 hour cancellation policy there is movement in the classes. Should a place become available then you will receive either an email or text from us offering you a place in the class. Please note the spot will be offered to all people on the waitlist so the first person to book the spot via the App or by calling our clinic will reserve the spot.
4. Physiotherapists reserve the right to restrict clients to a particular class type for safety reasons; and Physiotherapists reserve the right to turn clients away if they do not have the correct medical clearance.
5. You can attend our Physiotherapy Exercise classes during pregnancy but please ensure you notify the Physiotherapist from 15 weeks onwards so that correct modifications can be made.

Cancellations

1. At Sturt Road Physio our class sizes are small (6) and can fill quickly. This is why our Cancellation Policy exists which all clients must adhere to:
 - Group classes: Cancellations need to be made more than 8 hours prior to your class beginning (morning or evenings). We understand that sometimes unforeseen circumstances can arise but we have to be strict, fair and consistent with all clients, therefore, no exceptions will be made.
 - Physiotherapists and classes are subject to change without notice. Sturt Road Physio reserves the right to cancel classes if necessary.
2. If you cancel or reschedule your class within the 8 hour time frame or are absent from your class, you will be charged the full class fee.

Child Attendance Policy

Sturt Road Physio does not offer childcare services.

Children under 16 years of age are more than welcome to attend our classes, but they must have up to three 1:1 sessions with their Physiotherapist and be supervised with a parent/guardian when attending.

Personal Agreement

Sturt Road Physio does not assume responsibility for any lost or stolen personal property. If you do become the victim of a theft, immediately report it to a Sturt Road Physio staff member.

Getting started with POGOZO.

1. Firstly, go to the App Store or Google Play store and search for the POGOZO app. The logo looks like this.



2. Open the app and select Sign in
3. Enter your email address and click Forgot password?
4. Follow the prompts to create a new password
5. Log in, complete your details, and you're all set!
6. When opening Pogoza for the first time, please scan the QR code below to link the app to our clinic:

