gerringong & kiama physiotherapy

PHYSIO S&C

Strength and Conditioning (S&C) promotes adaptations within the body to optimise function for your health and fitness goals.

- 💪 **BUILD STRENGTH, BALANCE AND BONE DENSITY**
- 💪 **LED BY A PHYSIOTHERAPIST**
- 💪 **INDIVIDUALISED PROGRAMS**
- 💪 **UP TO 6 PEOPLE PER CLASS**

gerringong & kiama physiotherapy

Assessment:

- An initial 45 minute assessment is required for all particpants.
- Develop your fully individualised program.
- A second 1:1 session may be recommended to ensure safety and understanding of the program before joining the class.
- Billed at our usual consultation rates.
- Ongoing assessment following each term is recommended.

Cost:

- 10 pass of classes (one class per week): $330
- 20 pass of classes (two classes per week): $560
- Casual: $35 per class

Pass expiry:

- Classes run for 10 weeks, four times per year, in school terms.
- An additional week will be made available for ‘make up’ classes at the end of each term.
- Pass expires at the end of the term and can not be transferred.
- Expiry of a pass may be negotiable only due to illness or injury, at the discretion of management. Change of mind, or missed classes due to travel will not be deemed reasonable.

Rebates:

- Health fund rebates available, using Code 560.
- Please contact your insurer directly for a quote.
- When purchasing a pass, you will need to pay in full, at the start of the term. At completion of the pass, you will be provided with a receipt of classes attended, which you can then claim with your insurer.