



gerringong & kiama  
physiotherapy



# PhysioStrong

**PhysioStrong** is our physiotherapist designed and led, general exercise program.



Safe, fun and supportive class



Suitable for those looking to improve their balance, upper and lower body strength and bone density



Reduce falls risk with specific strengthening and balance exercises.

Class numbers are limited to 7



### **Cost:**

Casual class: \$20, 6 pack \$110, 12 pack \$200.



### **Pre-Assessment:**

To assess your current level of function, and readiness for exercise, you will need to complete an assessment with a physiotherapist. This will allow us to tailor the exercises to your current capacity and is billed at our usual consultation rates. This assessment is also required for claiming private health fund rebates.



### **Rebates:**

When purchasing a 6 or 12 pack of classes, you will need to pay upfront and will receive an itemised receipt at the completion of the pack, which you can then claim with your insurer.



### **Cancellation policy:**

We require 6 hours notice for any cancellation, or a fee of 50% of the casual class price will be incurred.



### **Clothing:**

Please bring a towel and water to each class.

