

**Aquatic
therapy group
Classes**
Tues & Thurs
8am

OR



**Open session for
independent
Exercise**
Tues & Thurs
7.30-8.30am

Body@Work Physiotherapy specialises in the use of both land and water-based exercise for:

- ◆ Injury prevention
- ◆ Injury management
- ◆ Managing chronic conditions
e.g. arthritis
- ◆ Postural pain/dysfunction

Classes are 30 minutes duration (limit of 6) at
Kings Swim School, 15 Weber Cr, Calwell

Cost \$20/person

Already have a program?*

Come down and enjoy the benefits of exercising in the super-clean 33 degree pool at
Kings Swim School, 15 Weber Cr, Calwell
Cost \$8/session or \$75 for 10 visit pass

**all participants subject to health screening



**Body@
Work**
Physiotherapy

All enquiries call Kris 0405 324 958