

# PhysiFit Timetable

Prehab | Rehab | Clinical Movement Therapy Specialists

**2024**  
**TERM 3**



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7.30am		PhysiFit STRENGTH & GRIT			
8.30am				PhysiFit CORE   BALANCE   BREATH	
9.30am	PhysiFit FELLAS STRENGTH & GRIT				
10.15am	PhysiFit HYDROTHERAPY	PhysiFit HYDROTHERAPY	PhysiFit HYDROFLOW	PhysiFit HYDROTHERAPY	PhysiFit HYDROTHERAPY
11.15am		PhysiFit CORE   BALANCE   BREATH			PhysiFit CORE   BALANCE   BREATH
12.15pm	PhysiFit HYDROTHERAPY	PhysiFit HYDROTHERAPY	PhysiFit FELLAS HYDROTHERAPY	PhysiFit HYDROTHERAPY	
1.00pm		PhysiFit FELLAS HYDROTHERAPY			
4.15pm			PhysiFit HYDROTHERAPY		
5.15pm			CLINICAL REFORMER		

## Exercise Physiology Services

 <p>Australian Government Department of Veterans' Affairs DVA – GP Referred:</p> <ul style="list-style-type: none"> <li>• Hydrotherapy or Land-therapy</li> </ul>	 <p><b>Private Health</b> – please check with your chosen health fund:</p> <ul style="list-style-type: none"> <li>• 502 – Group Session</li> </ul> <p>* Rebates available onsite</p>	 <p><b>MyAged Care</b> – Self or Package Provider referral:</p> <ul style="list-style-type: none"> <li>• Hydrotherapy or Land-therapy</li> </ul>	 <p><b>Medicare</b> – GP referral:</p> <ul style="list-style-type: none"> <li>• Bulk Billed session                             <ul style="list-style-type: none"> <li>- EPC/ CDM</li> <li>- Type 2 Diabetes (T2D)</li> <li>- Exercise for Indigenous Australians</li> </ul> </li> </ul>	<p><b>Fees</b></p> <ul style="list-style-type: none"> <li>• \$30 Hydrotherapy</li> <li>• \$30 HydroFlow</li> <li>• \$30 Clinical Reformer</li> <li>• \$20 PhysiFit - Land Therapy Strength &amp; Grit Core, balance &amp; breath</li> </ul>	<p><b>Get Started!</b></p> <p>An initial consultation with one of our Exercise Physiologists is required to begin therapy sessions.</p> <p><b>Phone:</b> (07) 49 281 588 <b>Email:</b> hello@scottvalehealthclub.com</p>
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*Where Every Body Counts*