

# PhysiFit Timetable

Prehab | Rehab | Clinical Movement Therapy Specialists

2024

TERM 4

23 Sept. – 20 Dec.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8.30am				CLINICAL REFORMER (Max 4 pax)	
10.15am	PhysiFit HYDROTHERAPY	PhysiFit HYDROTHERAPY	PhysiFit HYDROFLOW	PhysiFit HYDROTHERAPY	PhysiFit HYDROTHERAPY
11.15am		PhysiFit – Gym CORE & BALANCE			
12.15pm	PhysiFit HYDROTHERAPY	PhysiFit HYDROTHERAPY	PhysiFit FELLAS HYDROTHERAPY	PhysiFit HYDROTHERAPY	
1.00pm		PhysiFit FELLAS HYDROTHERAPY			
4.15pm			PhysiFit HYDROTHERAPY		
5.15pm			CLINICAL REFORMER (Max 4 pax)		

## Exercise Physiology Services



Australian Government  
Department of Veterans' Affairs

DVA – GP Referred:

- Hydrotherapy or Land-therapy



Private Health – please check with your chosen health fund:

- 502 – Group Session

\* Rebates available onsite



MyAged Care – Self or Package Provider referral:

- Hydrotherapy or Land-therapy



Medicare – GP referral:

- Bulk Billed session
  - EPC/ CDM
  - Type 2 Diabetes (T2D)
  - Exercise for Indigenous Australians

### Fees

- \$30 Hydrotherapy
- \$30 HydroFlow
- \$20 PhysiFit - Land Therapy Core & Balance
- \$30 Clinical Reformer

### Get Started!

An initial consultation with one of our Exercise Physiologists is required to begin therapy sessions.

Phone:  
(07) 49 281 588

Email:  
hello@scottvalehealthclub.com

Where Every Body Counts