

Eastern Sports & Spinal Care

'Performance Focused Physio'

LifeStyle Fitness

A well designed Pilates program can improve core stability, posture, reduce chronic pain (including back, neck and limbs) and improve balance.

How It Works

LifeStyle Fitness is an exercise program run by one of our physiotherapists.

It incorporates a range of exercise stations and activities designed to challenge and improve your cardiovascular fitness base. To ensure the class remains enjoyable activities are regularly modified and rotated.

The program is run 2x a week for 10 weeks and includes a detailed pre and post fitness test with one of our physiotherapists to measure your progress over the course of the program.

How We Can Help You

The physiotherapist who runs **LifeStyle Fitness** will ensure you are exercising at an appropriate level that is safe but will improve your fitness over the 10 weeks. The program varies to ensure you stay motivated and the small class size (maximum of 6) enables adequate supervision and interaction with our physiotherapist.

Prior to undertaking the 10 week **LifeStyle Fitness** course, a detailed fitness assessment is performed specific to your individual goals. This is then reassessed following the course to identify your improvement and motivate you to continue to progress.

Pricing

LifeStyle Fitness is charged as follows

10 Classes = \$350

This equates to the following

Initial Assessment = \$99.50

1-on-1 Post test = Complimentary

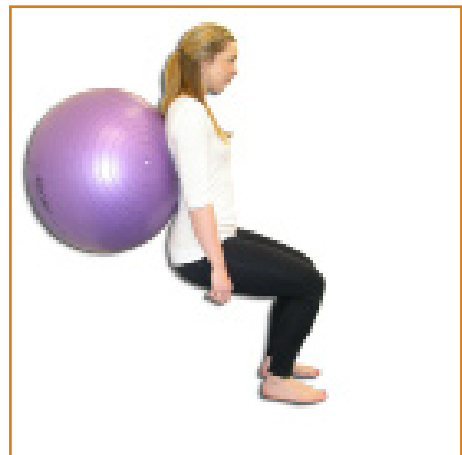
To enrol in the 10 classes an up-front payment of \$350 is required. This includes 10 physio supervised *LifeStyle Fitness* classes and after you can choose to have the 1-on-1 consultation with a physiotherapist who coordinates the class to compare your results.

Private Health Rebates Apply

Availability

LifeStyle Fitness is run at 9am on Monday and 9am Thursday of every week

The class is structured so that participants attend in 5 week blocks. Due to the individualised assessments, participants are able to begin their 5 week program irrespective of other participants progress.



Goals

LifeStyle Fitness is for you if you wish to achieve the following:

- increased energy levels
- increased fitness
- increased muscle toning and strength
- weight loss
- to exercise in a safe and non threatening social environment with an instructor who knows you
- improved general fitness for those with current physical and medical conditions that restrict attendance to regular exercise classes
- suitable for all ages

Contact us today to arrange an initial fitness assessment with one of our physiotherapists on **8331 0606**



Location



**141 Kensington Rd
NORWOOD SA 5067**

MAIN ENTRANCE: Turn left off Kensington road as you head east towards the hills

ALTERNATE ENTRANCE: Turn left down Donegal St as you head east towards the hills then turn up a driveway next to an EFI International sign

Business Hours

Monday - Friday
8:30am - 6pm