



City Baths
Spinal & Sports Medicine Clinic

Ground Floor 420 Swanston St. Melbourne 3000
T: 03 9639 2286 F: 039639 0133

SUPERVISED PHYSIOTHERAPY SESSION TIMETABLE

*Beginning 10/4/2017

Bookings Required

*24hr Cancellation Policy

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12.00-12:45pm LYNNE 12.45-1.30pm LYNNE	12.00-12.45pm ALICIA 12.45-1.30pm ALICIA	12.45-1.30pm ALICIA	12.00-12.45pm LYNNE 12.45-1.30pm LYNNE	12.00-12.45pm ALICIA 12.45-1.30pm LYNNE
5.30-6.15pm BRAD 6.15-7.00pm BRAD	5.30-6.15pm JACK	6.15-7.00pm HREFNA	5.30-6.15pm BRAD	



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SUPERVISED PHYSIOTHERAPY SESSIONS

All Supervised Physiotherapy sessions are taught by qualified physiotherapists who have been specifically trained to teach exercises that develop core stability. In these sessions you will use reformer & trapeze equipment along with fitballs, wobble boards and foam rollers. Clinical Pilates is beneficial in increasing core stability which then provides essential support for your spine and helps improve posture and reduce back and neck pain. As all our supervised sessions are instructed by a physiotherapist, you are able to claim these classes on your private health insurance if you have the physio extras option. HICAPS is available for instant claiming.

Supervised Physiotherapy Session - \$45.00 (45 mins)

Independent Sessions: \$20.00

Independent Sessions OFF PEAK: \$15.00

(Between 10am-12pm & 2-4pm Weekdays)

Please see reception for the pricing of our independent packages

Please note that classes may be cancelled at our discretion dependent on numbers.

We will endeavor to give 24 hours notice, should this occur.

****Cancellation fee of \$20 applies if 24 hrs notice is not given****