

Victor Harbor Group Exercise Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Ty 9:00am - 9:45am			
Ty 9:15am-10:00am					
				Ty 9:30 - 10:15am	
	Ty 9:45am-10:30am				
			Harrison 10:15am-11:00am		
Ty 2:00pm-2:45pm			Harrison 2:00pm-2:45pm		
Ty 2:45pm -3:30pm					

Pilates is a unique form of exercise that is designed to condition the entire body through focusing on alignment, core strength, breathing and controlled movement.

Here's how to get started!

1. Book your 1 hour Group Exercise (Pilates) Assessment
2. Complete 2 x half hour one on one sessions with your Physio
3. Join the group classes! (they run for 45 mins)

Book an appointment with **PhysioXtra Victor Harbor** by calling **8429 1810** or head to **physioxtra.com**

