

**TAKE A LOAD OFF, AND EXERCISE
IN WATER INSTEAD!**

HYDROTHERAPY



HYDRO THERAPY

RELAX



CONTACT US

EXPERIENCED EXERCISE PHYSIOLOGIST

Classes will focus on your individual
needs in a social setting



9390 5566



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[book online](#)



Kelmscott
Physiotherapy

www.kelmscottphysio.com.au

WHO

Do you suffer from Arthritis, Back Pain, Chronic Pain or Post Surgical Pain..or do you simply enjoy water based exercise?

Then our 1 hour hydrotherapy classes are for you!

WHEN

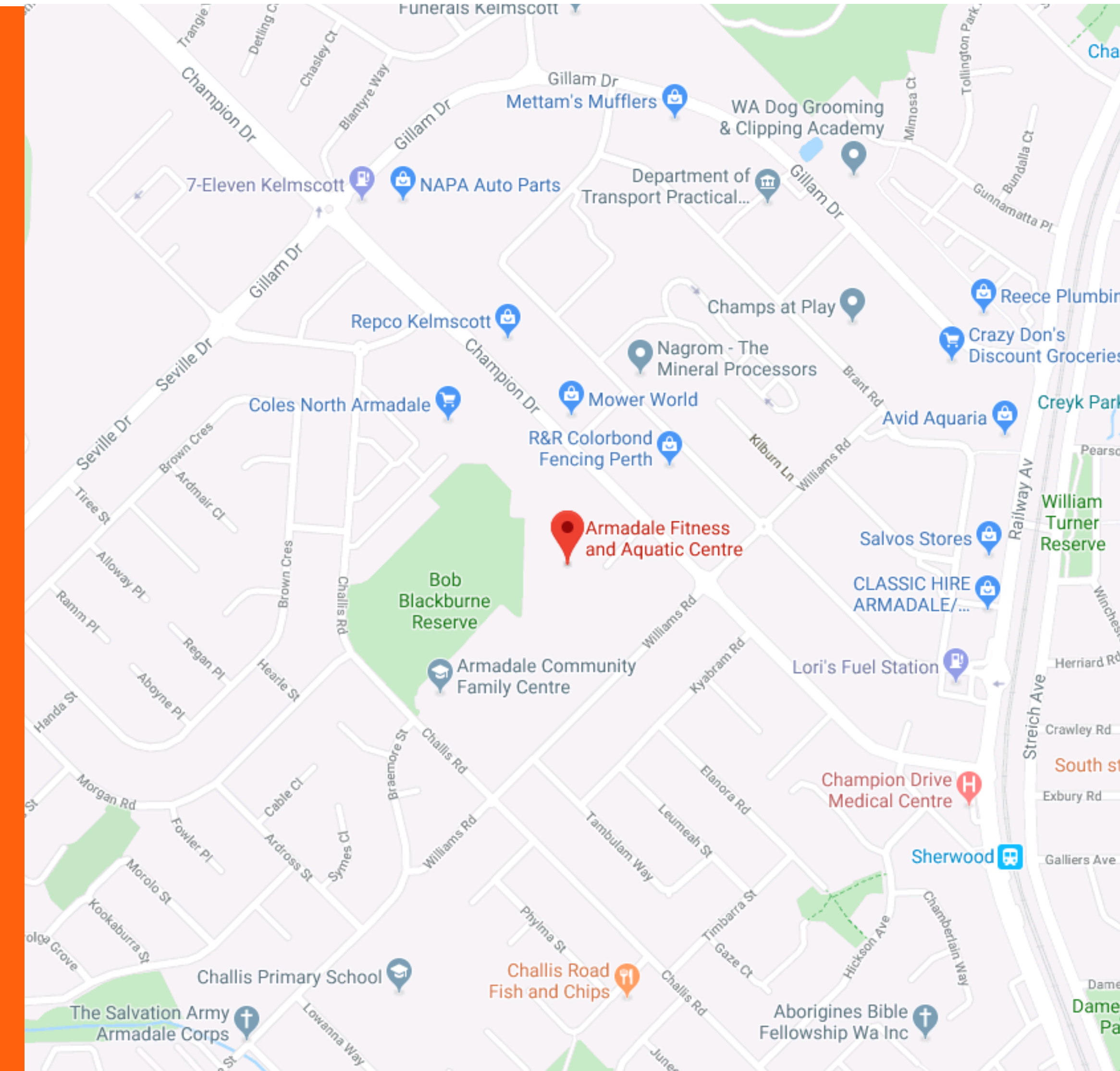
Tue & Fri: 1.30pm - 2.30pm



WHERE

Armadale Fitness & Aquatic Centre

76 Champion Drive
Seville Grove WA 6112



WHY

- ✓ Increased flexibility
- ✓ improved fitness
- ✓ muscle strengthening
- ✓ exercise in pain free environment
- ✓ muscle relaxation
- ✓ reduced swelling

WHAT DOES IT COST

\$16 per session* + pool entry fee
(purchase a pool membership for
a discounted entry fee)

*Private health rebates may apply

WHAT TO BRING

- bathers and a towel
- water bottle for hydration
- all other equipment supplied