

YOUR FIRST STEP TO FITNESS!

OVER 55'S EXERCISE CLASSES



STRENGTH STRETCH

CONTACT US

EXPERIENCED EXERCISE PHYSIOLOGIST

An exercise physiologist is an Allied Health professional specialising in the benefits of exercise to help patients get fitter & treating patients with a medical condition through exercise.

Classes can be tailored to focus on your individual needs in a fun group setting.



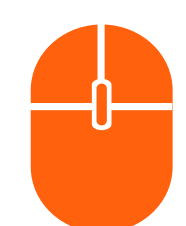
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[book online](#)



**Kelmscott
Physiotherapy**

www.kelmscottphysio.com.au

WHO

These classes are for anyone over 55 looking to improve their general fitness & movement safely under the guidance and supervision of a qualified health professional.

It's never too late to start!



"..Exercise can add years to your life...and add life to your years"

Paula Todd
the fitness network

WHEN

Mon - 9am & 10am
Tue - 9am, 10am & 3pm
Wed - 9am & 10am
Thu - 10am & 3pm
Fri - 9am & 10am



WHAT HAPPENS IN THE CLASS

Each class goes for 60 minutes. Our Exercise Physiologist will assess your goals and level of fitness and tailor your program to suit you.

In each class you will be taken through different exercise that are designed to help you build strength, balance & flexibility

WHY

- increased energy & strength
- prevent illness & disease
- help with Osteoporosis
- minimise symptoms of Chronic Disease
- stay independent
- quality of life & improved sleep
- healthy weight range

PRICE

Type II Diabetes - 8 sessions bulk billed
(ask you GP for a care plan)
Private rate \$18 per class