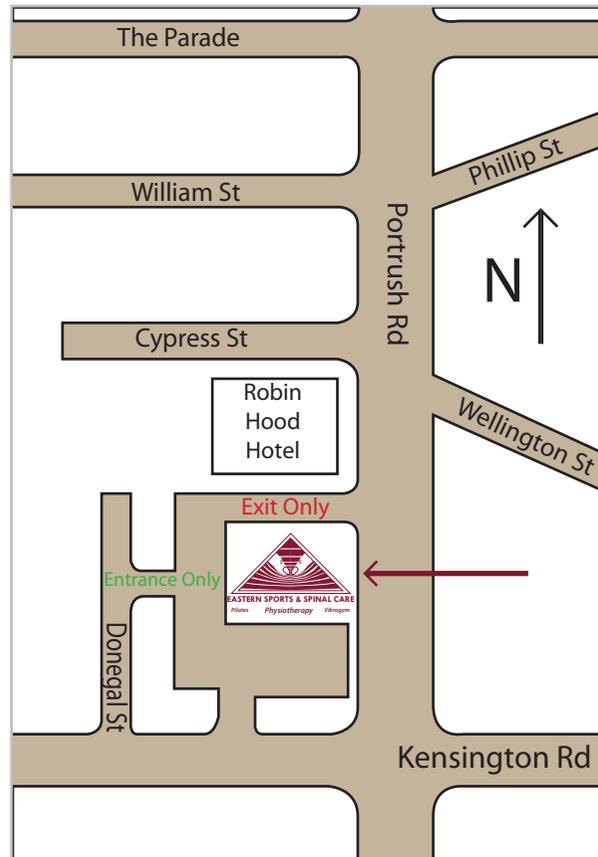


Benefits

- Improve your cardiovascular fitness
- Improve your function and quality of life
- Increase your metabolic rate and assist in weight management
- Regain your cardiovascular condition following illness or hospital stay
- Increase the ease in which you can do other physical activities in your life
- Help cope with depression and improve your mood through release natural hormones
- Make long-term lifestyle changes to improve your overall health and feelings of well-being

Location



Opening Times

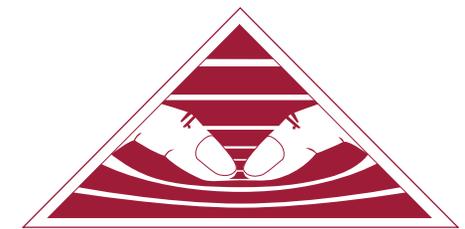
Monday - Friday

8:30am - 6pm

Ph: 8331 0606

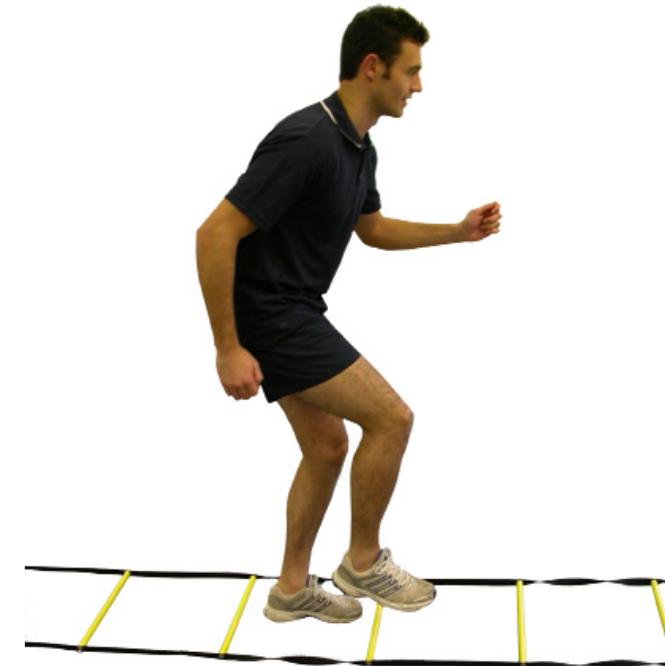
Fax: 8331 0832

Web: www.sportsspinal.com.au



Eastern Sports & Spinal Care
'Performance Focused Physio'

Cardio



Join our **Cardio** class today to improve your general health and wellbeing!

How it Works

At Eastern Sports and Spinal Care we recognise that many of our clients do not undertake sufficient cardiovascular exercise. This can result in low energy levels, depressive mood states, poor fitness, slow recovery from injuries and an increased susceptibility of conditions such as heart disease, diabetes, stroke and many others. The cardio-vascular training we offer is aimed to reduce your risk of these by offering a supervised and professionally monitored program.

Cardio is suited to:

- Those looking to regain fitness after illness or injury
- Individuals with low energy and depressive mood states
- People of all ages who fatigue
- Time poor individuals who want to lead an active lifestyle



How We Can Help You

Eastern Sports & Spinal Care understand the importance of cardiovascular fitness and the positive impact it can have on your health and current lifestyle.

We run highly targeted supervised **Cardio** classes that incorporate a range of exercise stations designed to improve your fitness base. Each station is modified to match your level of fitness to ensure you are getting the most out of each class.

Pricing

Initial Consult - \$99.50

An initial 1-on-1 assessment with a physio is required to determine any health risks and to assess your current level of fitness to ensure you work at a suitable level when you join a class.

NOTE: In some cases individuals may require a clearance letter from their doctor.

Classes

Cardio classes have a maximum of 6 people and are supervised by a physio experienced in active management who can tailor exercises to your needs.

Health Rebates apply

1. Pre-pay for 10 Classes

\$120 = \$12 per class

2. Pay per class

\$20 per class

3. Pair with a Pilates Class (pre-pay)

1 1/4 hrs of exercise (2nd class= 1/2 price)

\$35 per class

Availability

Cardio classes are conducted at a range of times so that you can fit it into your busy schedule. Where possible, we have introduced a **Pilates** class before or after **Cardio** so participants can participate in both. Please contact us on 8331 0606 to discuss specific class times or visit our website to view the class timetable at www.sportsspinal.com.au