






	Description	Duration	Locations	Referral/Procedures
 <p>CLINICAL REHAB FORMALLY TERMED CLINICAL PILATES</p>	Individually prescribed exercise performed on Pilates & Gym equipment. Ideal for recovery from injury or sport specific rehabilitation.	45-50 mins	Altona Meadows Hoppers Crossing Port Melbourne Taylors Lakes	Our Physiotherapists individually assess you and write a program based on your needs
 <p>FUNCTIONAL REHAB CIRCUIT FORMALLY TERMED REFORMER CIRCUIT</p>	Circuit class that uses Pilates and Gym equipment. Ideal for general conditioning, fitness and rehab.	40 mins	Hoppers Cross	NIL
 <p>CLINICAL EXERCISE CLASSES FORMALLY TERMED FLOOR PILATES</p>	Clinical Exercise Classes are ideal for those wanting a more strenuous workout as part of their rehab and who do not have any significant injury restrictions	50 mins	Altona North	NIL
 <p>HYDROTHERAPY</p>	Small group classes in specialised hydrotherapy pool (36 degrees). Exercises are supervised by a Physiotherapist in the water.	60 mins	Altona Meadows Altona North Hoppers Crossing Taylors Lakes	Physiotherapy land based assessment performed first.
 <p>HEALTH GROUP</p>	Mens' and Womens' Group training session with Exercise Physiologist.	60 mins	Hoppers Crossing	NIL

Cost: Please refer to relevant clinic for individual costings.