

# Group Exercise Classes



**Where:** 87 Torquay Road,  
Scarness

**When:** Thursdays @ 8am  
with 1 Tuesday per month

**Starting:** 21/9/2023

**\$11**

Per session

**ESSA**  
EXERCISE & SPORTS SCIENCE AUSTRALIA

Exercise Class  
with expert  
instruction from  
an Exercise  
Physiologist



## Open to Everyone!

- Injury Rehabilitation (Lower back pain, Sporting injuries etc.)
- Chronic Disease Management  
(Diabetes, COPD, Heart Disease, Osteoporosis)
- Goal to improve general health, fitness and mobility
- Weight Control

\*You may be eligible to receive a discount or free session with your private health rebate, DVA referral, NDIS referral, or Medicare T2DM group program referral.

To book talk to our Receptionist or Exercise Physiologist

Email: [frasercoast@hla.au](mailto:frasercoast@hla.au) Ph: 07 4183 1822 Website: [www.hla.au](http://www.hla.au)