

SPRING NEWSLETTER

21st Sept 2023

**SYDNEY WOMEN'S PHYSIOTHERAPY/
PELVIC CONNECTIONS**



LEARN MORE ABOUT DORIS!

New Website Launch

Trisha, Marissa and Amanda have been working hard behind the scenes in creating our new and improved website. You will be able to view the services we offer, book online, see our team and learn a bit about them, what exercise classes we run plus many more. Thank you to all our physiotherapists for helping create informative pages about our services! We are very excited for you all to see our new website coming very soon



SWP Turns 14 🎂

Sydney Women's Physiotherapy will be turning 14 in November

To celebrate we will be decorating our clinic and doing a giveaway! Be sure to check out our Instagram daily so you don't miss out

Scan the QR code to follow us on Instagram!



Suite 308, 10 Norbrik Drive, Bella Vista NSW 2153
(02) 8883 5360
info@sydneywomensphysiotherapy.com.au



Term 4 Exercise Classes

Term 4 classes commence on Monday 9th October and end on Saturday 16th December.

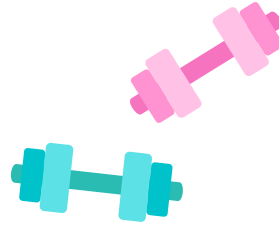
We still have spaces in the below classes:

STUDIO EQUIPMENT

Monday 5pm

Wednesday 12pm

Friday 12pm



PILATES (Strength & Rebuild)

Tuesday 5pm

Wednesday 10am

Thursday 5pm and 7pm



YOGA (Unwind & Restore)

Monday 7pm

PRENATAL (classes run consistently though the year)

Tuesday 7pm

Wednesday 6pm

Call us on **02 8883 5360** if you would like to book in for a class or a trial!



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