

# WINTER NEWSLETTER

13th Jul 2022

SYDNEY WOMEN'S PHYSIOTHERAPY/  
PELVIC CONNECTIONS

## GROUP EXERCISE CLASSES

Did you know that Sydney Women's Physiotherapy offers a range of group exercise classes? This is a service that we have provided to the Hills District community and beyond for many years and we pride ourselves in providing a quality, health fund rebatable service that allows women of all ages to achieve their goals.

### What classes do we provide?

- Studio Equipment classes (BRAND NEW EDITION TO SWP!)
- Therapeutic Yoga (known as Unwind and Restore)
- Run Group (in the summer months)
- Mat classes:
  - Strengthen and Rebuild
  - Mums and Bubs
  - Pre-Natal
  - Over 50s/Mature Movers

### What are the benefits of joining a class at Sydney Women's Physiotherapy?

Our classes at Sydney Women's Physiotherapy are run by physiotherapists. Class numbers are maximums of 5-6 students per class allowing tailoring of the exercise prescription to suit the individual needs and goals. As our physiotherapists are aware of your previous journey and future journey, the classes are a safe and encouraging environment to exercise in.



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

# WHAT IS DIFFERENT ABOUT PHYSIOTHERAPIST-LED CLASSES?

Physiotherapist-led classes are **health-fund rebatable**. They are entitled to the rebate from your private health fund as they are for *rehabilitation purposes*, are *individualised* and are *goal-specific*. Rebates are dependent on your level of cover and our administration team can assist you in finding out if and how much you can receive back for your classes from your health-fund.



## Studio Equipment:

We have recently expanded our services to include Studio Equipment classes. Studio Equipment is a circuit-style pilates class targeted for the whole-body. The equipment allows the patient to better engage their muscles through assisted movement and added resistance. You will leave Studio classes feeling strengthened, lengthened and aligned.

## Mat classes (fusion of pilates/strength/yoga):

Mat classes are a fusion of pilates, strengthening and yoga-style exercises. Resistance bands, weights and the ballet barre are used to challenge the patient's strength, stability and core. Our mat classes are fast-paced, challenging and you will be assured to feel a deep workout.



## Therapeutic Yoga (known as Unwind and Restore):

Unwind and Restore is a unique exercise class utilising the practices of Yin Yoga, meditation and mindfulness. This class is targeted for patient's with chronic pain as the practices of stillness, gentle stretch, deep breathing, mindfulness and meditation assists with down-training our muscles and desensitising our central nervous system. You will leave this class feel relaxed, lengthened and relieved.



## Run Group:

Run Group is run in our warmer months. It is targeted at beginner runners, those wanting to return to running or those running with injury or pelvic floor concerns. Our physiotherapists provided real-time feedback while running to improve technique and assist with safely running. You are guaranteed to run longer, further and feel fitter than ever after completing our program!



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