



Exercise Physiology Group Session Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6am			MI-Walk/Run		
7am	MI-Strength		MI-Strength		MI-Strength
8am	DVA		MI-Breathe		DVA
9am	MI-Strength		MI-Strength		MI-Strength
11am	MI-Hydro				

MI-Walk/Run \$10/session	<p>Technique –based class for walkers & runners of all levels or those with injuries who wish to return to regular exercise.</p> <p>Focus on drills and education to prevent injuries and improve efficiency.</p> <p>Class includes a warm up, drills/techniques focus points, a self-paced work set with individual feedback.</p>
MI-Breathe \$15/class	<p>A relaxing class, based on deep system stabilisation & breathing techniques to improve control of abdominal pressure.</p> <p>Improve musculoskeletal function and your ability to perform all physical tasks.</p> <p>Ideal for optimising respiratory health.</p>
MI-Strength \$15/class	<p>Strength and stability exercises individually tailored to suit each participant.</p> <p>A combination of weighted, unweighted & balance exercises, plus functional warm ups to incorporate a wide variety of movement patterns.</p> <p>Improve strength, mobility and your ability to perform functional activities or return to work post injury.</p> <p>Complete exercise under the guidance of an exercise professional.</p>
MI-Hydro \$20/class	<p>A variety of whole body, low impact exercise performed in the pool.</p> <p>Improve muscular endurance, balance and overall cardiovascular fitness.</p> <p>Increase ability to perform general exercise & functional movement in a safe, challenging and therapeutic environment.</p>
DVA	<p>For DVA members who hold Gold or White Card</p> <p>An individually tailored exercise program to manage any condition (Gold) or an accepted war or service-caused injury or disease (white). An individualised management plan will be created with the main goal to promote self-management.</p>