

Clinical Class Schedule

P4 Movement Clinical classes are specifically designed for small groups, ensuring that each client receives focused and individualised attention during their sessions. By keeping group size small, our experienced healthcare professionals can closely monitor and address the unique needs of each client, providing targeted therapy and support.

TIME	MON	TUE	WED	THU	FRI
9:00 AM	PD CIRCUIT			PD MOVERS	CIRCUIT
10:00 AM	BALANCE @ BULLI			SUPERVISED STRENGTH BEGINNER	
10:15 AM			SUPERVISED STRENGTH BEGINNER		
10:30 AM		SUPERVISED STRENGTH ADVANCED		SUPERVISED STRENGTH ADVANCED	SUPERVISED STRENGTH ADVANCED
11:00 AM		BALANCE @ P4 GYM		BALANCE @ P4 GYM	
12:00 PM					
12:15 PM					NEURO-FIT
1:15 PM					
2:30 PM					
3:15 PM		CLINICAL PILATES			
4:15 PM		*TEEN STRENGTH			

Clinical Class Descriptions

PD CIRCUIT: 9AM MONDAY

\$40 PER CLASS

PD Circuit is designed for those with moderate stage Parkinson's disease. The class incorporates PD Warrior exercises as well as balance, mobility and strength.

Maximum of 4 participants.

PD MOVERS: 9AM THURSDAY

\$27.50 PER CLASS

Our PD Movers class is designed for those living with Parkinson's disease. This high-intensity circuit class is derived from the PD Warrior program with exercises designed to manage and improve symptoms of Parkinson's such as tremors, rigidity and bradykinesia. **Maximum of 6 participants.**

SUPERVISED STRENGTH:

Follow your own prescribed program under the supervision of an exercise physiologist. This class is ideal for individuals with chronic conditions or injuries who want to build strength, improve function, and increase confidence while exercising under professional supervision.

Beginner: Maximum of 4 participants per class – ideal for those who require more supervision and support. **\$40 PER CLASS**

10:15am Wednesday, 10am Thursday

Advanced: Maximum of 8 participants per class – ideal for those who are confident in a gym setting and require less supervision and support.

10:30am Tuesday, 10:30am Friday. **\$20.50 PER CLASS**

CLINICAL PILATES: 3:15PM TUESDAYS

\$40 PER CLASS

Clinical Pilates is a small group class led by an Accredited Exercise Physiologist.

Classes focus on rehabilitation by restoring optimal movement patterns, enhancing core stability, improving posture, and building strength and balance.

Each participant follows a personalised program using specialised Pilates equipment, ensuring exercises are targeted to individual needs. **Maximum of 4 participants per class.**

CIRCUIT:

\$20.50 PER CLASS

Our circuit class combines resistance and aerobic exercise. The focus is on improving cardiovascular fitness, functional strength, mobility and balance in a supported setting.

Location: Monday Bulli community Centre 10am (max 10 participants), Friday P4 Movement Gym 9am (max 8 participants).

BALANCE: 11AM TUESDAY, 11AM THURSDAY

\$27.50 PER CLASS

Our Balance Group Classes are ideal for individuals who want to improve their balance, coordination, and strength, or who may be looking to reduce their risk of falls. These sessions are suitable for people of all fitness levels who wish to move more confidently and safely in their daily lives. Classes are small and personalised, with a **maximum of 6 participants per group.**

NEUROFIT: 12:15PM FRIDAY

\$40 PER CLASS

Small group class designed for those with neurological conditions. Participants complete their own individual program designed by an Exercise Physiologist or Physiotherapist under supervision. Programs include a combination of strength, balance and aerobic exercises.

Maximum of 4 participants per group.

TEEN STRENGTH: 4:15PM TUESDAYS

\$40 PER CLASS

Designed specifically for teens, combining fun, fitness, and friendship. Each session is run by an Accredited Exercise Physiologist and tailored to individual goals, injuries, or health conditions.

We focus on building the fundamentals of exercise, including:

- Strength & conditioning
- Cardiovascular fitness
- Balance & coordination

Maximum of 4 participants per group

** Teen strength is a term-based program and runs in 10-week blocks following school terms.

SPECIALISED PROGRAMS

Contact the clinic to find out the next starting dates for our programs.

Diabetes Program:

8-week small-group program (max 8) combining exercise and education to support Type 2 Diabetes management, with potential GP-subsidised access.

GLA:D® Program:

6-week program for hip and knee osteoarthritis, combining education and 12 supervised exercise sessions led by qualified clinicians.

Chronic Disease Prevention (CDP) Program:

Free 8-week program for adults 45+ focused on improving strength, health, and confidence in managing early-stage conditions.