



STUDI-O SPACE

# Group Classes

## Move Together Each Week

Stay active. Build routine. Feel better.

Our weekly group classes, with a mix of follow-the-leader and circuit styles, are led by our Physiotherapists and Exercise Physiologists. They're a great way to maintain fitness, keep your body moving, and enjoy moving with others in a supportive, fun environment.

### Our classes are great for:

- Maintaining an active lifestyle
- Managing a chronic condition with safe guidance
- Keeping momentum between programs

### What to expect:

- Small groups so you move safely and effectively
- Our experienced therapists will tailor exercises to your level within the class format
- A supportive environment that makes exercise enjoyable and sustainable.
- Stay motivated with variety and guidance each week.

## Group Class Timetable:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	7.30AM O-strength	6.30AM O-strength	7.30AM Core-health	7.30AM Core-health
9AM O-strength	8.15AM DVA*		8.15AM DVA*	9AM O-strength
10AM DVA*	10.15AM O-strength	10AM DVA*	9AM OA-health	
12.15PM Sen. Strength		10.45AM OA-health	10.15AM Sen. Strength	
		11.30AM Oncology (F)*	11AM O-strength	
		2.00PM DVA*	2PM Oncology (M)*	
4PM Youth Perf			4.15PM O-strength	
5.30PM O-strength	5.15PM Core-health	5.15PM Core-health	5.00PM Oncology(F)*	

Orange- Circuit based classes in the O-gym. Blue- Follow the leader classes in the Studi-O  
 \*Conditions apply to join class

### Commitment & Payment

- We require a commitment to the full term, to ensure a spot is reserved for you and we can help you achieve your goals.
- Payment is required upfront for the full term, with the ability to claim private health benefits from our Physio & Exercise Physiologist classes at the end of term.

**Ready to join? Trial a class for free to make sure it's the right fit for you before committing**

For more information on our classes scan the QR code below

### Get in touch

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**O-health.com.au**

