



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<br>O-strength   | 6:30AM<br>O-strength | 7:30AM<br>Core-health  | 7:30AM<br>Core-health |
| 9AM<br>O-strength        |                        | 9:00 AM<br>OA-health |                        | 9 AM<br>O-strength    |
|                          | 10:15 AM<br>O-strength |                      | 11 AM<br>Sen. Strength |                       |
| 12:15PM<br>Sen. Strength |                        |                      | 11:45 AM<br>O-strength |                       |
|                          |                        |                      | 4:15 PM<br>O-strength  |                       |
| 4PM<br>Youth Perf        |                        |                      |                        |                       |
| 5:30PM<br>O-strength     | 5:15PM<br>O-strength   | 5:15PM<br>O-strength |                        |                       |

Orange- Circuit based classes. Blue- Mat-based classes

\*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

799 Mate Street, Albury NSW 2640  
02 6021 2777 | info@o-health.com.au

**O-health.com.au**

