

# Rehab Timetable.

MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY

7AM	<b>GRS</b> CLAUDIA			<b>GRS</b> CLAUDIA		
8AM	<b>GRS</b> CLAUDIA	<b>GRS</b> KELLY	<b>GRS</b> VICKI	<b>GRS</b> CLAUDIA	<b>GRS</b> VICKI	<b>GRS</b>
9AM						<b>GRS</b>
9.30AM	<b>GRS</b> CAITLIN	<b>GRS</b> KELLY	<b>GRS</b> CAITLIN	<b>GRS</b> KELLY	<b>GRS</b> CLAUDIA	
10.30AM	<b>GRS</b> CLAUDIA	<b>GRS</b> VICKI	<b>GRS</b> KELLY	<b>GRS</b> CAITLIN	<b>GRS</b> CLAUDIA	<b>GRS</b>
11AM	<b>BONE BUILDERS</b> BELINDA	<b>GLAD EXERCISE</b>	<b>BONE BUILDERS</b> CAITLIN	<b>GLAD EXERCISE</b>	<b>BONE BUILDERS</b> RACHEL	
11.30AM	<b>GRS</b> CAITLIN	<b>GRS</b> CAITLIN	<b>GRS</b> VICKI	<b>GRS</b> KELLY	<b>GRS</b> GWENDALYN	<b>GRS</b>
12.30PM		<b>STRONG &amp; STABLE</b> CLAUDIA				
1PM	<b>GRS</b> GWENDALYN	<b>GRS</b> GWENDALYN	<b>GRS</b> KELLY	<b>GRS</b> VICKI	<b>GRS</b> VICKI	
4PM	<b>GRS</b> GWENDALYN	<b>GRS</b> RACHEL	<b>GRS</b> CAITLIN	<b>GRS</b> VICKI	<b>GRS</b> RACHEL	
5PM	<b>GLAD EXERCISE</b>			<b>GLAD EXERCISE</b>		
5.15PM	<b>GRS</b> KELLY		<b>GRS</b> BRIAR			
5.30PM		<b>GRS</b> RACHEL		<b>GRS</b> CAITLIN		
6.30PM		<b>GRS</b> CLAUDIA		<b>GRS</b> CAITLIN		

Effective 2 Jan, 2026

Physio.Pilates.  
Proactive.

Feel stronger. Move better. Live your life.

# Class Descriptions

## GROUP REHAB SESSIONS

**Group Rehab sessions** are led by physiotherapists and use specialised equipment such as the Reformer, Trapeze Table, Multi Chair, and Ladder Barrel. Each program is tailored to your individual goals - whether recovering from injury, improving performance, or advancing movement skills. A physiotherapist provides 30 minutes of guidance within each one-hour session, and programs are reviewed every 3-4 months to ensure progress. These sessions may be eligible for private health fund rebates, and we recommend completing 8-10 Individual Rehab sessions first to build a strong, personalised foundation.

## STRONG & STABLE

**Strong & Stable** classes are designed for those with movement limitations, offering a safe space for gentle sitting and standing exercises. Improve balance, strength, and confidence through targeted movements that help prevent falls, support bone health, and make daily activities easier. Ideal for those with low bone density, osteoporosis, difficulty getting up from the floor, or recovering from injury, these sessions focus on weight-bearing and functional exercises to enhance overall wellbeing. For best results, we recommend completing 1-2 physiotherapy sessions beforehand.

## BONE BUILDERS

**Bone Builders** is a one-hour rehab class held three times a week, designed to improve bone health and overall fitness. Using ankle and hand weights alongside weight-bearing and resistance exercises, the program helps build bone density, strengthen muscles, and support joint stability. It also enhances balance, coordination, and spinal posture to reduce the risk of falls and osteoporotic fractures. This empowering class helps you take control of your health, build strength and confidence, and stay active and vibrant at every stage of life.

## GLAD OSTEOARTHRITIS REHAB PROGRAM

The GLA:D® (Good Life with Osteoarthritis in Denmark) program combines education and exercise to help people with hip or knee osteoarthritis manage symptoms and improve daily function. Developed by Danish researchers and introduced to Australia in 2016, it focuses on strengthening, movement retraining, and pain management.

The program includes:

1. **Initial Assessment** - Evaluate functional ability and introduce the program.
2. **Education Sessions** - Learn about osteoarthritis, risk factors, and self-management strategies.
3. **Exercise Program** - Twice-weekly group sessions for six weeks to build strength and confidence.
4. **Three-Month Review** - Track progress, reassess goals, and measure improvements.
5. **Follow-Up** - Questionnaires at registration, 3 and 12 months to monitor long-term outcomes.

For more information and current dates, please visit our website or see our GLA:D® flyer.

## Fees (6 month expiry)

GRS/Rehab Classes claimable with most private health funds under Physiotherapy Extras

Casual	\$40
5 Session Pack	\$195
10 Session Pack	\$340
30 Session Pack	\$870
50 Session Pack	\$1150

## Location

### 27 Mount Barker Rd, Stirling

All Group Rehab Sessions (GRS) are held in our **Rehab Studio**, accessed via the door halfway up the lane. Bone Builders, Strong & Stable, and GLA:D classes are held upstairs at the rear of the building in our **Fitness Studio**.

## How to get started

After your initial assessment, your physiotherapist will create a tailored rehab program based on your assessment, current movement challenges, and long-term goals. In these sessions, you'll learn Pilates basics and correct abdominal activation. Depending on your needs, you'll focus on exercises specific to the Rehab Class you're joining (Strong & Stable or Bone Builders) or attend 8-10 Individual Rehab Sessions to master your equipment-based program. This will prepare you for participation in our Group Rehab Sessions (GRS).

## How to book

We offer 50 sessions and classes at various times to suit most schedules.

To book or cancel Rehab Sessions and Classes, sign in to our online booking system via [pilatesproactive.com.au](http://pilatesproactive.com.au) or contact Reception at 8339 3188. If full, email Reception ([stirling@pilatesproactive.com.au](mailto:stirling@pilatesproactive.com.au)) to be added to the Wait List.

We require 12 hours' notice for cancellations, or you may forfeit your payment. Exceptions are only made for emergencies (e.g., medical events), not for work, family, or personal changes. Your cancellation may allow someone else to attend.