

Rehab Timetable.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7AM	GRS BRIAR	GRS JAKE			GRS JAKE	GRS
8AM	GRS BRIAR	GRS KELLY	GRS VICKI	GRS MADDY	GRS MADDY	GRS
9AM						GRS
9.30AM	GRS CAITLIN	GRS KELLY	GRS CAITLIN	GRS KELLY	GRS MADDY	
10.30AM	GRS JAKE	GRS VICKI	GRS GWENDALYN	GRS KELLY	GRS LYNSEY	GRS
11AM	BONE BUILDERS BELINDA		BONE BUILDERS CAITLIN		BONE BUILDERS RACHEL	
11.30AM	GRS LYNSEY	GRS MADDY	GRS VICKI	GRS JAKE	GRS GWENDALYN	GRS
12.30PM		STRONG & STABLE MADDY				
1PM	GRS GWENDALYN	GRS GWENDALYN	GRS KELLY	GRS VICKI	GRS VICKI	
4PM	GRS GWENDALYN	GRS RACHEL	GRS LYNSEY	GRS VICKI	GRS RACHEL	
5.15PM	GRS KELLY					
5.30PM		GRS RACHEL	GRS BRIAR	GRS BELINDA		
6.30PM		GRS MADDY	GRS JAKE	GRS CAITLIN		

Effective 6 July, 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.

Fees (6 month expiry)

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

Casual	\$42.5
5 Session Pack	\$210
10 Session Pack	\$360
30 Session Pack	\$930
50 Session Pack	\$1250

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 or contact Reception at 8339 3188. If full, email Reception (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.

Physio.Pilates.
Proactive.

Feel stronger. Move better. Live your life.