

OSTEOFIT CLASSES

Strong bones and muscles are important for our body's maintenance and well being. Our skeleton requires regular loads to maintain bone strength together with strong, toned muscles to support and move it.



Our Osteofit classes help maintain joint flexibility, muscle strength and bone density. The classes are aimed for those who find gym based exercise classes and environments often intimidating and physically challenging. The classes consider each individual participant and the physiotherapist will modify or progress your exercises according to the needs of the individual.

The classes are 55minutes duration and offer a mix of cardiovascular training, balance improvement and muscle resistance exercises, using a combination of free weights and gym equipment. These fun classes are suitable for all ages and abilities and allow the individual to work as hard as they would like, under the guidance and care of our highly experienced Physiotherapists.

Call to make an appointment with our physiotherapists to start on the new YOU!

SESSION TIMES

TUESDAY	9.00am
WEDNESDAY	9.00am
THURSDAY	9.00am

PRICING

OSTEOFIT CLASS	55mins \$25
*10 SESSION PACK	\$225

*Health fund rebates may apply.
All classes are conducted by
Physiotherapists.*

CONTACT DETAILS

- A** Vasse medical Centre
4/12 Napoleon Prom, Vasse, WA 6280
- T** (08) 9718 0730
- F** (08) 9718 0735
- E** admin@lat337physio.com.au
- W** latitude337physio.com.au

