



PhysiO2
RESPIRATORY PHYSIOTHERAPY

WEEKLY GROUP CLASS

Pulmonary Rehabilitation Classes

A weekly circuit class that builds strength, balance and lasting lung endurance — at your own pace, for as long as it helps.

Turn over for class times →

4–8

PEOPLE PER
CLASS

60

MINUTES

\$30

PER CLASS

No **GP referral** needed — just come along

BREATHE · MOVE · REPEAT

Respiratory PhysiO2

Suite 11, 539 Greenhill Road
Hazelwood Park SA 5066
08 8364 3706



WHAT'S INCLUDED

One class, a full circuit

- **Treadmills & bikes** — cardio endurance
- **Free weights** — strength
- **Stretching & balance** — mobility and stability
- **Reformer & Trapeze Tables** — strength and core control

WHO IT'S FOR

Anyone wanting a lasting weekly class to build their lung endurance. No referral required — just come along.

CLASS TIMES

Mon	11:00am, 12:30pm
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Tue	11:30am, 1:30pm
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<i>Wed</i>	<i>NO CLASS</i>
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Thu	12:30pm
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Fri	11:30am, 1:00pm
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COST & REBATES

\$30 per class. Many private health extras cover part of the cost, and if you're on a GP Chronic Condition Management Plan, two classes count as one GPCCMP visit.

HOW TO JOIN

Call the clinic or book at reception on your next visit — no referral needed to start.

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