

Gym Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday			
7am		Clinical Pilates						
7.30am								
8am								
8.30am								
9am								
9.30am								
10am				Neuro Rehab				
10.30am								
11am	Pulmonary Rehab	Weights for Wellness		Pulmonary Rehab	Weights for Wellness			
11.30am								
12pm								
12.30pm								
1pm	Lungs In Action	Hydro	Lungs in Action	Hydro	Hydro	Lungs in Action	Hydro	Lungs In Action
1.30pm								
2pm	Pulmonary Rehab				Pulmonary Rehab			
2.30pm								
3pm								
3.30pm								
4pm								
4.30pm								
5pm								
5.30pm								
6pm								
6.30pm								

PRICING:

Lungs In Action – Fully Funded Program

Pulmonary Rehab – Fully Funded Program

All other Classes - \$15 per session

Private Health Fund rebates are available with us if you pay and claim

ON THE DAY by calling in to our office @ Bideford Street.

If you are unable to claim at our office on the day we would suggest pre-payment of either 5 or 10 sessions and on completion of these sessions we will forward a receipt for you to lodge a claim with your Health Fund direct as we are unable to back-date claims.

Pulmonary Rehab Maryborough 9am Monday & Thursday

Lungs in Action Maryborough 10am Thursday

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