

CLASS FEES

- **\$197.00 including fit ball (value \$82.50)***
- **\$120 with own ball**

Members of private health funds are able to claim a majority of the cost on their health fund, leaving little out of pocket expenses. For more information, enquire at reception.

***Class fees are payable over the 6 week period.**

CLASS TIMES

- **Monday 5.30-6.30 pm**
- **Courses run for 6 weeks**

YOUR INSTRUCTOR

Classes will be run by one of our Physiotherapists who all have an extensive background in physical conditioning, rehabilitation and personal training. They have a keen interest in the use of exercise in treatment and prevention of injury.



BAROLIN

Physio

therapy SERVICES

Back Pain?

Do you suffer from back pain, or are you interested in preventing it?

*Then Barolin Physiotherapy Services
Fit Ball Class is for you*



Fit Ball Class

NEW AND EXCITING FITBALL CLASSES

Barolin Physiotherapy Services are pleased to offer a complete back education and exercise class. These classes are specially designed for people with a history of low back pain and who are keen to prevent back pain in the future.

Fit Balls are one of the most significant advances in the rehabilitation of low back pain in the last 20 years. Research has shown that exercising on a Fit Ball is a highly effective means of relieving back injuries, and also helps prevent recurrence of back pain.

THE FIT BALL CLASS—WHAT IS IT?

Fit Balls (also known as Swiss Balls or Exercise Balls) have been used in rehabilitation for approximately 40 years. It has only been in the last 10 years that the full potential of the Fit Ball as a rehabilitation tool has been unlocked.

The Fit Ball has proven to be a very safe and effective way of rehabilitating back injuries by improving back strength and posture, and gently improving mobility and co-ordination.

The class also includes a large education component, teaching you how injuries occur, and how you can prevent them in the future.

THE FITBALL CLASS—NOW AT BAROLIN PHYSIOTHERAPY SERVICES

Barolin Physiotherapy Services is offering a 6 week Fit Ball course in their new gym facilities. Classes will be held weekly, allowing progression at an appropriate rate, and plenty of time for practice.

Each week, exercises are progressed with full supervision and guidance, allowing a very safe and effective rehabilitation.

HOW DOES IT WORK?

In the class, you will not only learn how to exercise and strengthen your back safely, but also learn how your back works and the role of the surrounding muscles in preventing low back pain.

BAROLIN PHYSIOTHERAPY SERVICES' NEW GYM FACILITIES

As you may be aware, Barolin Physiotherapy Services has recently expanded their premises and equipment range to include a new gym facility.

Classes will be held in the new gym. Participants will also have the option of expanding their routine utilising the new gym facilities.