

WHERE

Kinetic Balance Health
1 Lovelock Drive, Noarlunga Downs

WHAT

Tailored exercise has many benefits for people with chronic health conditions. A group setting ensures that exercise is supportive and affordable. An exercise physiologist is highly qualified to prescribe exercise that is appropriate for many chronic health conditions such as:

- Diabetes
- Heart Disease
- Lung conditions
- Arthritis
- Many more!

Details:

- 60 minute group class
- Maximum 8 people per class
- Supervised by an Exercise Physiologist
- Individual program suited to your needs.

GETTING STARTED

1 Book an initial assessment

- You are required to do an initial assessment prior to attending the Made to Move class.

2 Fill out questionnaire

- An online questionnaire will be available in your booking confirmation email.
- It must be completed before attending the 1:1 assessment.
- An EP will call you to discuss any relevant details from your questionnaire

3 Book in to the Made to Move group class

- Once you have completed your initial assessment you can book into the class.
- Bookings can be made online or by calling the clinic.
- Exercise Programs will be provided at your first class.

WHEN

For class timetable please go to our website

WHAT TO BRING

- Water/drink for hydration
- Relevant health monitoring equipment

PRICES & PAYMENT

Prices:

- Initial Assessment (60 min): \$110
- Group session (60 min): \$23 per class

Pay as you go:

- Classes can be paid for and claimed through Hicaps on the day of the class.

Class Packs

There is the option to pay in advance for your classes:

- 5 class pack (5% discount)
- 10 class pack (10% discount)

Private Health

- Once you have finished your class pack sessions we will provide you with an itemised statement that you can send to your private health fund.

Funding

- Medicare Care Plan: for people with Type 2 diabetes.
- Sessions can be funded by NDIS, RTWSA, Motor Vehicle Insurance & DVA.

CANCELLATION POLICY

We ask that you be mindful of late cancellations and non attendance.

If you are unable to attend your class we ask that you give us **8 hours notice** where possible.

OTHER INFORMATION

Permanent Booking

- There is the option of booking a permanent session. Please enquire with reception.