

WHERE

Kinetic Balance Health

1 Lovelock Drive, Noarlunga Downs

WHAT

- This class is tailored for people who may require more assistance with their exercise e.g. for individuals who have poor mobility and balance.
- Exercises are modified for each individual.
- Seating and assistance provided where needed.

Details:

- 45 minute group class
- Maximum 8 people per class

GETTING STARTED

1. Assessment

- You are required have had a 1:1 session prior to attending the Steady & Strong class.

2. Book in to Steady & Strong class

- Once you have had your 1:1 assessment session you can book into a class.
- Bookings can be made online or by calling the clinic.

WHEN

For class timetable please go to our website

WHAT TO BRING

- Water/drink for hydration
- Mobility aid as required
- Small hand towel

PRICES & PAYMENT

Prices:

- Group class (45 mins): \$15

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

- 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.