

## GROUP FITNESS GLA:D PROGRAM 2023

|         | MONDAY                       | TUESDAY                      | WEDNESDAY                    | THURSDAY                     | FRIDAY                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|---------|------------------------------|------------------------------|------------------------------|------------------------------|----------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 8.00AM  |                              |                              |                              |                              |                                                    | <p style="text-align: center;"><b><u>GLA:D 6 week Program</u></b></p> <p>6 week program consisting of education and group exercise<br/>Targeted to patients with hip and/or knee osteoarthritis.<br/>(2 x sessions per week)</p> <p>Group exercise sessions billed using code 560</p> <p style="text-align: center;"><b>As our group sessions are based on each individual's rehabilitation or fitness needs an initial 1:1 assessment is required prior to beginning any sessions.</b></p> <p style="text-align: center;"><b><u>Please contact your individual health fund to confirm cover.</u></b></p> |
| 9.00AM  |                              |                              |                              |                              |                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| 10.00AM |                              |                              |                              |                              |                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| 11.00AM |                              |                              |                              |                              |                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| 12.30PM |                              |                              |                              |                              |                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| 1.30PM  |                              |                              |                              |                              | <b>GLA:D<br/>2.00 – 3.00</b>                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| 2:30PM  |                              | <b>GLA:D<br/>2.00 – 3.00</b> |                              | <b>GLA:D<br/>2.00 – 3.00</b> |                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| 3.30PM  |                              | <b>GLA:D<br/>3.00 – 4.00</b> |                              | <b>GLA:D<br/>3.00 – 4.00</b> |                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| 4.30PM  |                              |                              |                              |                              | <b>GLA:D MONTHLY<br/>EDUCATION<br/>3.00 – 5.00</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| 5.30PM  | <b>GLA:D<br/>5.00 – 6.00</b> |                              | <b>GLA:D<br/>5.00 – 6.00</b> | <b>GLA:D<br/>5.00 – 6.00</b> |                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |